CANNABIS SOLDIERS' DRUG OF CHOICE, PG8

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VANCOUVER • THURSDAY, MARCH 18, 2010 metronews.ca

Celebrity Buzz

Butler's pals have Jen envy
pg 29

Style pg 24

Love 'em or learn to love 'em — clogs are back

Loonie flying high

B.C. retailers may feel crunch as shoppers head south to U.S.

KRISTEN THOMPSON
kristen.thompson@metronews.ca

With the loonie almost at par with the U.S. dollar, many Lower Mainlanders will likely be heading south of the border to cash in on spring shopping deals this weekend.

Our dollar, which yesterday briefly jumped past 99 cents US, could hit parity any time, said Royal Bank currency strategist David Watt.

This would be a welcome boost to businesses around Bellis Fair and Tulalip in Washington state, says Ken Oplinger, president and CEO of Bellingham Whatcom Chamber Of Commerce.

"When the Canadian dollar is 90 cents or higher you see more border crossings," he said. "You go through the parking lot and maybe even half will be B.C. licence plates."

Two years ago, when the loonie passed the U.S. dollar, Oplinger said there was a "real uptick in retail sales" not because more people were shopping, but because they were spending more money.

He met a Canadian reporter at the Bellis Fair food court at 6 a.m. during Black Friday last year — the American version of Boxing Day — and all the shoppers she spoke to were Canadian.

Vancouver resident Kiera Dimoff, 24, is heading to Bellis Fair with friends on Saturday.

"Considering how overpriced Vancouver is, it would be silly not to take this opportunity," she said. "I plan on getting some work clothes for the coming warm weather — hopefully some items I couldn't afford in Vancouver."

The loonie is expected to remain strong for a few years, said Watt.

"We've taken to calling parity the new normal for the Canadian dollar," he said.

WITH FILES FROM THE CANADIAN PRESS

Strong showing

• The Canadian dollar continued a steady climb yesterday, at one point hitting 99.31 cents US — its highest level in 20 months — before closing just below the 99-cent level.

Double gold **Woolstencroft wins again at Whistler**

JONATHAN HAYWARD/THE CANADIAN PRESS

Lauren Woolstencroft celebrates her gold medal win following her second run of the women's giant slalom standing event in Whistler yesterday. This is the North Vancouver athlete's second gold medal at the 2010 Winter Paralympic Games. More, page 22.

Metro Vancouver enjoys its gold-medal moment

TOP OF PODIUM For the second NADbank study in a row, Metro Vancouver had the highest readership increase compared to any other weekday daily newspaper in Canada, according to survey results released yesterday.

Metro Vancouver has 196,000 daily readers — a 41 per cent increase over the 2008 study — according to the Newspaper Audience Databank (NADbank). Weekly, Metro now reaches 431,200 readers in the Vancouver area, a 19 per cent rise.

METRO VANCOUVER

National

• Across the country, Metro Canada continues to be the most-read national daily newspaper with nearly 1.3 million readers. That's more than the Globe and Mail and National Post combined.

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SCANLIFE
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Urban Foodie pg 27

Slurping ramen at Oru

On the web
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Don't auction Games items so fast, says Robertson

MEMORABILIA Vancouver's mayor wants to see a permanent Olympic collection added to the city's museum and is concerned that much could be lost as VANOC plans to auction off memorabilia.

Gregor Robertson said the city is working on an agreement with VANOC and other partners to make sure key mementoes are preserved for the public as a legacy of the Games.

"I am concerned with the auctioning off of items right now, before we get that (agreement) sorted out," Robertson said.

"We don't want to see items just sold off ... and lose the opportunity to have, in a permanent collection, some of the key items."

VANOC CEO John Furlong said Tuesday that the organizing committee hoped to raise more than $10 million through the sale of assets, everything from desks and chairs to medal trays and racing bibs.

Furlong also announced that four pucks used during the overtime of Canada's 3-2 gold-medal victory over the U.S. would be sold in an online auction, while Sidney Crosby's golden puck was donated to the Hockey Hall of Fame in Toronto.

"We'd like to see one of those (pucks) in Vancouver," Robertson said.

JEFF HODSON/METRO VANCOUVER

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SCANLIFE

Local

Royal tour of the Games

Great Britain's Prince Edward, Earl of Wessex, left, will be in Vancouver today as he begins a four-day working visit of the Paralympic Games. The prince will be honoured with a traditional aboriginal name and presented with a talking stick and bentwood box during a dinner for Paralympic athletes and officials.

METRO VANCOUVER

News in brief

LAWSUIT Charges against the navigating officer of the Queen of the North, which sank four years ago, won't affect a class-action lawsuit by survivors, their lawyer said yesterday.

DEMOLITION Supporters of a 114-year-old schoolhouse gathered at Kingsway and Joyce Street yesterday to the building's planned demolition.

ATTACK A security guard at the Vancouver Island Regional Correction Centre is in hospital with a broken ankle after being attacked by a prisoner, cknw.com reports. The B.C. Government Employees' Union said overcrowding at the jail is partly to blame. METRO NEWS SERVICES

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WHAT'S ONLINE TODAY

Video As the loonie chases down the U.S. dollar, many experts think parity will be here for the long haul at **metronews.ca/canada**

Lotteries

Lotto 6/49:	5, 6, 21, 38, 42 & 45 Bonus 46
BC 49	2, 10, 16, 18, 27 & 41 Bonus 28
Extra	14, 63, 80, 90

These results are not official.

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Cops crack Olympic ticket ring

JEFF HODSON
jeff.hodson@metronews.ca

Working with VANOC and Interpol, Vancouver police busted a fraudulent Olympic ticket-purchasing ring during the 2010 Games, a high-ranking VPD officer revealed yesterday.

Presenting an Olympic policing wrap-up to the Vancouver Police Board, Deputy Chief Steve Sweeney said four Latvians were arrested for allegedly using stolen credit cards to purchase tickets off VANOC's resale site with the intention of reselling them.

"There were several hundred (tickets) that we we're aware of," Sweeney said.

"We got ahead of it before the tickets got into distribution. They were arrested trying to pick up the tickets."

Other scams during the Olympics included renting out places that people didn't own and a 300 per cent increase in counterfeit Canadian and U.S. currency.

He clarified the latter, saying it jumped to 150 occurrences during the Games, up from about 50 normally.

There was virtually no counterfeit 2010 merchandise.

Overall, crime saw a slight decrease during the Winter Olympics, dropping in almost every category.

Exceptions included a 70 per cent increase in sexual offences (there were 27) and a 36 per cent increase in assaults.

The number worked out to about six more assaults a day, which wasn't bad, Sweeney said, considering the 150,000 revellers downtown.

The costs to Vancouver of policing will be on, or slightly under, the $11 million budgeted, Sweeney added.

Tent city comes down, deemed a success

STIG NIELSEN
for Metro Vancouver

DTES The makeshift tent city in the Downtown Eastside was expected to be dismantled last evening, with organizers calling it a success that helped more than 60 homeless people get into permanent housing.

Wendy Pedersen, member of the Carnegie Community Action Project, called yesterday "a happy day." According to her, the shantytown of tents, shopping carts and tarps brought some overdue attention to Vancouver's homeless.

"This is a good thing. Homeless people are realizing if they come out in the open and if they camp in a visible and provocative place, they are going to get some attention," she said.

A group of 40 people who camped out on the empty lot at 59 W. Hastings St. during the Olympics were offered housing in provincially owned single-room occupancy hotels, with another 25 hoping for the same yesterday.

STIG NIELSEN/FOR METRO VANCOUVER

Richard Buttery at the Downtown Eastside tent city yesterday. He said he expected B.C. Housing to offer him a spot in an SRO hotel last evening.

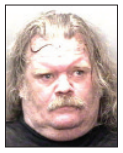
Kanaska Carter, a homeless busker from Newfoundland, said she has no options and plans to stay at the tent city until she's offered a more permanent accommodation.

Pedersen said since the strategy was successful, more tent cities could spring up in Vancouver once winter shelters close on April 1.

Sex-assault suspect out on bail: RCMP

CAUTION A man who has been charged with sexually assaulting another man — and who is suspected of targeting male youth on the bus — has been released on bail, RCMP cautioned.

Police issued the warning yesterday about Richard Richardson, 58, saying they believe he targets young men, including those with mental-health issues.



Richardson

"He is handing out business cards to young male bus riders (with) a pager number on it," said Supt. Dave Walsh.

As part of his bail conditions, Richardson is forbidden from renting out a room in his home without telling the prospective renter of the charges against him and of his record. METRO VANCOUVER

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Mint introducing sledge-hockey quarter

The Royal Canadian Mint is launching a commemorative quarter featuring ice sledge hockey at the main branch of the Vancouver Public Library today. The coin will be the final addition to the mint's Vancouver 2010 circulation program. METRO VANCOUVER

Bobsled World Cup coming

GREG DOWNS
for Metro Vancouver

World-class talent will return to the Whistler Sliding Centre this year as B.C. and Alberta have teamed up to bring World Cup bobsled and skeleton races back to Canada after the Olympics.

The added event gives Canada two out of three North American races this season.

Whistler will host races between Nov. 22 and 25, while Calgary is scheduled to host races between Nov. 25 and Dec. 6.

B.C. Minister of Healthy Living and Sport Ida Chong said that having a second world-class event in Canada is a big boost to the Canadian program.

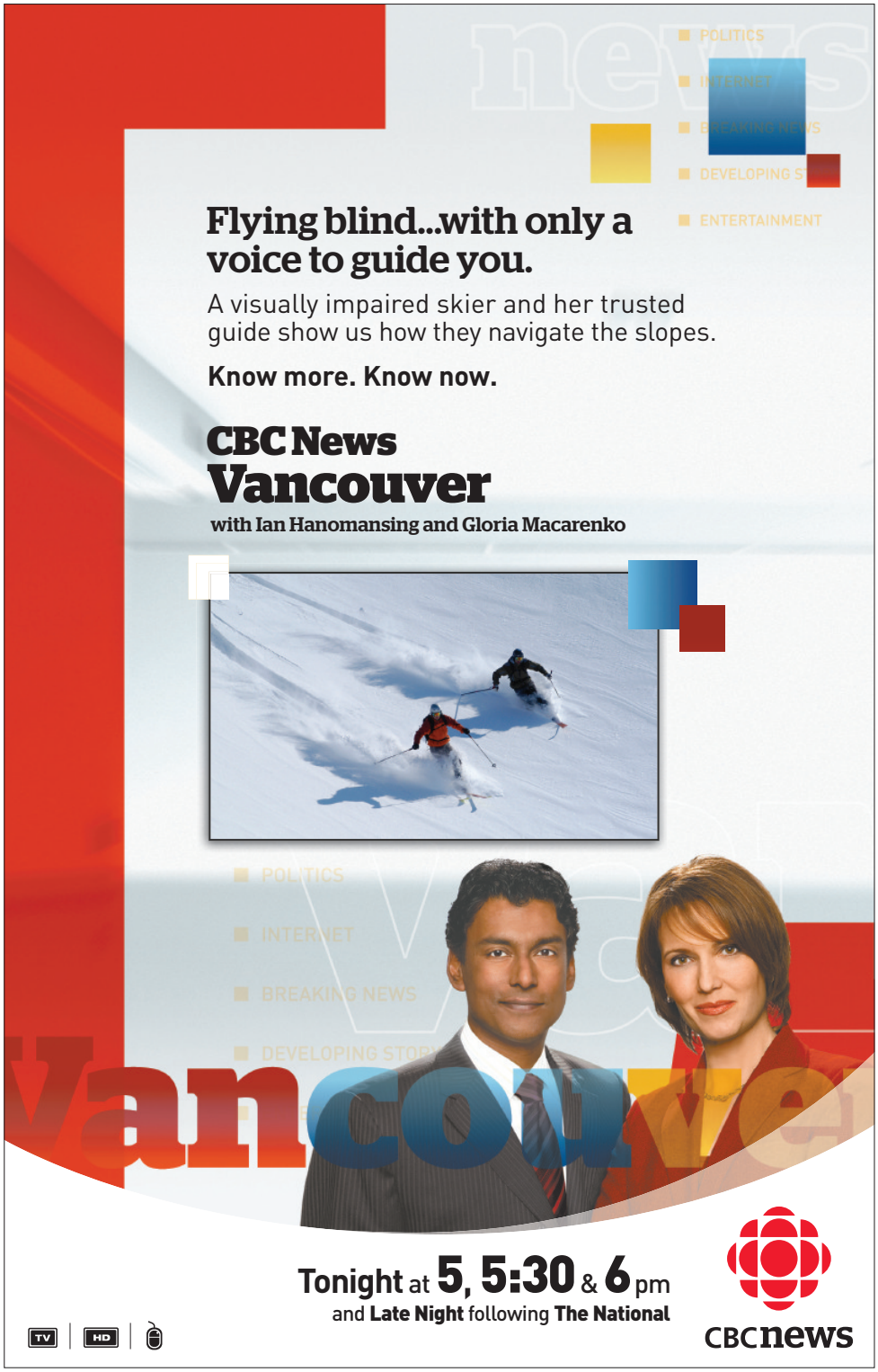
"We don't want to see that momentum (from the Olympics) slide, so we're ready to move," Chong said.

Bobsledder Justin Kripps, in his fourth year racing for Canada, said it'll be great to compete at home.

"It's really expensive for North American teams to go to Europe, and (European teams) have the advantage because six of eight events are in Europe."

Recruitment

- Bobsledder Justin Kripps said Bobsleigh Canada usually steps up recruiting efforts after the Olympics. He was recruited out of SFU as a track sprinter following the Turin Games in 2006.



Updated danger scale for avalanches unveiled

KRISTA SYLVESTER
Metro Calgary

CONDITIONS The federal government released an updated avalanche warning system yesterday that doesn't restrict access to Canada's vast wilderness.

Just four days after an avalanche came down on a group of snowmobilers in Revelstoke, B.C., killing two and injuring 31, Environment Minister Jim Prentice announced in Calgary a new danger scale that continues to have five conditions ranging from low to extreme.

Prentice said improvements were made to paint a clearer picture of the risk involved, with warnings that show the likelihood of avalanches being triggered, their expected size and whether travel is recommended. Icons are used for people who might not be able to read the warnings.

"I think the new system allows people to make better-informed decisions."
Krista Thibodeau, outdoor enthusiast

Outdoor enthusiast Krista Thibodeau said she likes the new system and that she's glad her access to the backcountry won't be restricted.

"It's impossible to monitor all the backcountry and as a skier or snowboarder you should know your limitations," Thibodeau said. "But I think the new system allows people to make better-informed decisions about the risks involved."

Police dog removed from duty after biting teenager

ATTACK A West Vancouver Police Service dog has been temporarily taken out of service after it bit a teenager during a training exercise.

The teen was sitting on a park bench with a friend and was bitten on the arm and upper body, said Const. Jeff Palmer.

"The youth suffered abrasions and bruising as a result," Palmer said. "(Paramedics) were immediately called and ... after receiving medical treatment, the youth was released at the scene."

Palmer said the incident remains under review and that the department has "expressed sincere regret" for the injury.

The police dog will undergo a re-certification process to determine if B.C. provincial police standards are met.

METRO VANCOUVER

Hotel rates still high: Report

LODGING Vancouver hotel rates remain high despite the end of the Winter Olympics, according to a report released yesterday.

Despite falling rates in other Canadian cities this month, Vancouver and Victoria hotels have yet to offer the types of discounts seen elsewhere, the March 2010 Hotwire Canadian Hotel Rate Report says.

Calgary topped the list with a drop of 10 per cent. Edmonton, London, Ont., and, for the first time, Ottawa rounded out the Top 5 with hotels in those cities offering a seven, two and one per cent drop, respectively.

According to Hotwire, which releases its report at the beginning of each month, it's just a matter of time before Vancouver hotels lower their rates again. METRO VANCOUVER

News in brief

SHOOTING One man was taken to hospital with serious injuries yesterday after being shot near 124 Street and 60 Avenue in Surrey. Police say the shooting doesn't appear to be random and that no suspects have been arrested.

VOLUNTEER TEAM Mayor Gregor Robertson says he plans to bring a motion to council to explore the possibility of creating a volunteer team for the city as an Olympic legacy. The team would help at major city events and festivals and be trained for emergency preparedness, among other things.

MEMORIAL PAGE Around 2,000 people have joined a Facebook memorial page in honour of a man named Jerry — also known as the "waving guy" — who stood at Hastings and Cassiar streets wearing a reflective vest and waving to motorists. Jerry recently died of liver cancer.

METRO NEWS SERVICES

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Turban event draws thousands

The largest turban competition in North America took place yesterday afternoon in Surrey. The event, which attracted an estimated 3,000 people, included a fashion show, singing and dancing. METRO VANCOUVER

B.C. has faith in faucet: Survey

JEFF HODSON
jeff.hodson@metronews.ca

British Columbians are the Canadians most likely to drink tap water directly from the faucet and have the most confidence in the safety and quality of their drinking water, a survey revealed yesterday.

Bob Sandford, Canadian chair of a UN water initiative, said while Canadians rank water as the most important natural resource, their efforts to conserve water seem to be decreasing. Sandford didn't know how to account for the drop in conservation efforts, but suggested it may be due to distractions like the struggling economy.

The third annual Canadian Water Attitudes Study found that 78 per cent of Canadians believe they conserve water, but many admit to water-wasting activities like running water while washing dishes or hosing down driveways.

In B.C., the survey found that 93 per cent of people were confident in the quality of their drinking water, the highest in the nation. They were also most likely to drink straight from the tap (57 per cent) and had the highest awareness of local water conservation initiatives.

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Pickton should not have new trial, says Crown

COURTS The evidence against convicted serial-killer Robert Pickton was "overwhelming" and he does not deserve a new trial on six counts of murder, say B.C. prosecutors.

In their brief to the Supreme Court of Canada, the Crown lawyers said the evidence is so strong against Pickton that a re-trial would undoubtedly produce a guilty verdict.

"Ordering a new trial in this case, where conviction is inevitable, would serve only to detract from society's perception of trial fairness and the proper administration of justice," said the factum filed ahead of next Thursday's appeal. "He is a self-confessed killer. He admitted he was caught because he became sloppy at the end ... That Pickton is the person responsible for this scheme is inescapable."

Pickton was found guilty by a jury in 2007 of second-degree murder in the deaths of six women from the Downtown Eastside, and sentenced to 25 years.

He is appealing to the high court to overturn the convictions and order a new trial, mainly on grounds the trial judge didn't properly instruct jurors. THE CANADIAN PRESS

News in brief

LIONS The B.C. Lions are attempting to re-brand the image of the football team to expand its fan base. The team has hired DDB Canada with the task of changing its image and attracting new fans.

CHARGES A 15-year-old from Surrey is facing possible public mischief charges for allegedly calling in a fake bomb threat at the Langley Airport. Businesses were evacuated and roads were closed while police dogs searched for a possible explosive. RCMP determined the call came from a cellphone, which they linked to the suspect.

EXERCISE City councillors are planning to introduce "true sport" motions to foster sport and active living in Vancouver. The motions will be brought forward on March 22 to city council and the park board.

COLLISION The driver of a car, believed to be a blue Pontiac Sunfire, is being sought by Surrey RCMP. A vehicle hit three cars on King George Boulevard, injuring two people before driving away.

METRO NEWS SERVICES

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Shen Yun Performing Arts is the world's premier Chinese dance and music company. It has performed to acclaim in over 100 cities around the world. Based in New York, it is independent of China's regime. Shen Yun seeks to breathe new life into traditional Chinese culture and provide audiences with an experience of sublime beauty.

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*- **Frank Mancuso***
Former CEO of Paramount Pictures

'I Loved Everything'

"I adored it! It was really a fabulous evening. I loved everything from beginning to end. The show brings China's history to life through dance and music, authentic historic costumes and majestic set designs."

*- **Patricia Neal***
Oscar Academy Award & Golden Globe Award Winning Actress

'Superb'

"The show is superb! It is profound. It searches within historical themes and shows a lot of feeling. This is an extremely smooth performance and very well managed and produced."

*- **Roland Dumas***
Lawyer and Former French Minister of Foreign Affairs

'Amazing'

"It was so refreshing to see a performance like that, so true to the art-form and so true to the historical significance. It is really amazing."

*- **Steve Fastook***
CNBC's VP of Operations

'Astonishing'

"It was just astonishing in its exuberance and its colour, in the choreography, in the music. It was enjoyable from the beginning to the end. It was a wonderful show."

*- **Elizabeth Hubley***
Canadian Senator and Former Dance Instructor

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Detainees still at risk of torture: Amnesty

A civil-rights lawyer told MPs yesterday detainees handed over to Afghan authorities by Canadian soldiers are still at risk of torture. Paul Champ — who represents Amnesty International Canada and the B.C. Civil Liberties Association — testified at the special Commons committee on Canada and Afghanistan. THE CANADIAN PRESS

Canada

Tories fighting NDP iPod levy

Conservatives are Canada's new iPod freedom fighters. Cabinet ministers and MPs are putting up a vigorous defence against the NDP's move to have a levy applied to all new MP3 players, hard drives and laptops. The money would theoretically go into a fund for Canadian music artists the same way as the current 29-cent levy on blank CDs and cassettes. The proposal is New Democrat MP Charlie Angus' private member's bill. So far, it has the full support of only the Bloc Québécois, not enough to pass the House of Commons. THE CANADIAN PRESS

Pot soldiers' drug of choice

STUDY Marijuana is the illegal drug of choice in the Canadian Forces, according to the first random tests of the entire military.

Almost one in 20 Forces members — 4.7 per cent — "recently" used illicit drugs, says the newly released study based on random urine samples. And the vast majority were using some form of cannabis, with cocaine, morphine and codeine far behind.

The survey results are based on 1,327 mandatory urine samples taken randomly, without prior notice, among all three services and across the country. Refusal to provide a urine sample could result in disciplinary action.

Previous illicit-drug surveys had concentrated on smaller populations in one of the branches, or among key professionals such as submariners or divers.

Mandatory urine samples were demanded "at unpredictable times and without prior notice" on Feb. 2 and April 6, 2009. THE CANADIAN PRESS

RCMP documents put René Lévesque in "suspected Communist" club.

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Paralympic logo has contested roots

PARALYMPIC 2010 Games

SPORT Where the iconic Olympic rings once reflected off the water in Vancouver's Coal Harbour now sit three swooshes of neon light, each one curving around the next to signal that the Paralympic Games are underway.

Meet the three agitos (Latin for "I move"), the symbol of the Paralympics.

The logo, adopted by the Paralympics in 2003, has its roots in a trademark dispute with the International Olympic Committee that observers say coincided with a turning point in the relationship between the two movements.

Before, the three agitos were the three tae-geuks — Korean symbols that resemble teardrops. Before that, they were the five tae-geuks, with the same positioning and colours of the Olympic rings.

DARRYL DYCK/THE CANADIAN PRESS

The Paralympic logo has its roots in a trademark dispute with the International Olympic Committee.

The tae-geuks logo was used for the first time at the 1988 Paralympics in Seoul, South Korea, but four years later, the IOC told the International Paralympic Committee the logo was too similar, and demanded they change the symbol or lose funding.

The committee dropped two of the tae-geuks in 1994, and nearly a decade later introduced the agitos. THE CANADIAN PRESS

News in brief

SUMMIT The federal Conservative government is poised to spend $166,500 on a decorator for this year's G8 and G20 summits, even as it clamps down on spending in the face of a record deficit. The Foreign Affairs Department has posted notice of a sole-source contract, saying it intends to hire Bruce Forster, a Vancouver interior designer who has decorated several of Canada's previous summits. Forster is supposed to arrange for Canadian art and furnishings at the summit dinners and events.

EMERGENCY Some First Nations in northern Manitoba have declared a state of emergency and are looking to the federal government for help after mild weather turned their winter roads into quagmires. Grand Chief David Harper said the Shamattawa and Red Sucker Lake reserves have declared a state of emergency, while stockpiles of fuel and food in 20 other communities are dwindling. THE CANADIAN PRESS

No purchase necessary. Canadian residents eligible to enter. To enter, log onto www.lindtgoldbunny.ca and correctly answer the questions about the location of the GOLD BUNNY statue. For each of the 20 questions you correctly answer, you will receive one entry into the contest. Contest is from March 1 to April 4, 2010. Chances of winning depend on number of eligible entries. Mathematical skill-testing question required. For full Contest rules, including other ways to enter, see www.lindtgoldbunny.ca.

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Country-wide warrant issued for 18-year-old

Calgary police have issued a Canada-wide warrant for a man, 18, over anti-Semitic messages spray-painted on mailboxes, signs at synagogues and a war memorial for Holocaust survivors. He cannot be named because he was 17 the crimes took place. THE CANADIAN PRESS

Report calls for greener Alberta oilsands mining

A report says Alberta's government isn't doing enough to ensure underground oilsands miners use the most environmentally friendly practices.

"Industry and government aren't doing everything they can to mitigate environmental impact," said Simon Dyer, one of the authors of the study, released yesterday by the Pembina Institute. The environmental think-tank is the first to examine projects that recover bitumen through deep underground wells. It found a wide range of environmental performance between different companies.

The study also suggests in-situ sites aren't necessarily cleaner than large open-pit mines usually associated with the oilsands. In-situ projects, on average, emit more than twice as much carbon dioxide as open-pit mines. They also release more acid rain-causing gases.

The institute reviewed 2007 data to examine nine different in-situ projects, and used 17 different environmental criteria, including emissions, climate change, land and water impacts, and general environmental management.

The report concludes if all companies adopt best practices, they could save as much water as is used by about 100,000 Canadians. THE CANADIAN PRESS

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Quebec **Chart attack**

JACQUES BOISSINOT/THE CANADIAN PRESS

Action Democratique du Quebec Leader Gerard Deltell holds up a copy of the organization chart of the health ministry, during question period yesterday at the Quebec legislature.

PM abandons mail fight

OTTAWA The Conservatives have decided those one-page partisan MP mail-outs that tend to wind up in recycling bins may not be worth the fight after all.

A majority of MPs in the House of Commons voted this week to ban mass mailings of "ten-percenters" outside own ridings, directing the Board of Internal Economy to "end immediately the wasteful practice."

The Conservatives argued vehemently against the ban during a day-long debate. As late as mid-afternoon, Prime Minister Stephen Harper was needling the opposition during question period with a response that appeared to suggest he supported the ban — only if it applied to Liberal mailings.

"We will continue to use the program to communicate with Canadians," spokesman Andrew MacDougall said in an email.

Three hours later — after news reports of Conservative intransigence began to circulate — another PMO spokesman, Dimitri Soudas, e-mailed The Canadian Press to say the "Conservative caucus supports eliminating out-of-riding ten-percenters so long as this restriction applies to all parties." THE CANADIAN PRESS

Canada and Russia may be heading for yet another Arctic showdown

ARCTIC Canada and Russia may be heading for another Arctic showdown after Russian President Dmitry Medvedev said his country will aggressively pursue its Arctic interests. Canada, which hosts a five-country meeting on Arctic resources this month, insists it continue efforts to assert its sovereignty there.

Fresh tensions between Ottawa and Moscow emerged yesterday, after Medvedev told a session of his Security Council that Russia must be prepared to defend its claims to Arctic mineral riches. The president predicted climate change will spark conflicts as ice melts, exposing new areas for exploration.

In recent years, a Russian submarine planted a flag on the Arctic seabed and its air force sent planes close to Canada's northern airspace.

Canada has announced a new fleet of Arctic patrol ships, a deep water port, and re-equipping the Canadian Rangers. THE CANADIAN PRESS

JONATHAN HAYWARD/THE CANADIAN PRESS

A police issued taser is shown at the Victoria police station in May, 2008. Ontario is poised to revamp its guidelines on the use of stun guns by police, The Canadian Press has learned. Only tactical officers and supervisors can use Tasers in Ontario, but the government is being urged to make them available to all front-line officers.

Ont. Taser use set for change

New guidelines to be unveiled by end of March, say sources

Ontario is poised to revamp its guidelines on the use of stun guns by police, The Canadian Press has learned.

The changes are expected to be made public March 30, sources say, about two years after the governing Liberals launched a review of Taser use in the province.

Currently, only tactical officers and supervisors are allowed to carry Tasers in Ontario, but the government is being urged to make them available to all front-line police officers.

It's among the recommendations made by the police standards advisory committee, a group of representatives from police groups and municipalities within the ministry tasked with providing advice to the government about the use of stun guns.

Government officials wouldn't comment on whether they plan to follow that advice, but hinted that drastic changes are not in the works.

THE CANADIAN PRESS

Provincial force

- Both federal and provincial governments are working on national standards for Taser use, but Ontario —which has its own police force, unlike some provinces which use the RCMP — is planning to forge its own path.

Onslaught last spring put Kandahar on brink

DOCUMENTS Governance in Kandahar was pushed to the brink by Taliban bombs and assassinations last spring, an onslaught that at one point saw provincial council members temporarily abandoning the region, newly released Canadian documents reveal.

An extraordinary set of quarterly campaign reviews, prepared by Canadian Forces Expeditionary Command over several months, paint a startling picture of the civilian administration in Kandahar province where Canadian troops operate.

The events of last spring may well foreshadow the kind of battle likely to be fought in the province this spring.

The censored reports were obtained by The Canadian Press under access to information laws.

THE CANADIAN PRESS

News in brief

EDMONTON Alberta New Democrats say a growing number of foreign workers are being ripped off by their employers. The NDP has released government records that show more than half of inspected businesses that employ foreign workers violated Alberta's labour laws. The infractions include not paying foreign workers for overtime, statutory holidays and vacation they had earned. Most of the employers in question were in the accommodation and food services industries.

THE CANADIAN PRESS

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Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

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Comment

Machines and the social apocalypse

Relating

After more than a half-century of worries, warnings and studies about what our media habits are doing to us and our relationships, FCC chairman Newton Minow's famous 1961 condemnation of the "vast wasteland" of network TV seems somehow quaint.

The TVs, computers and hand-held screens have since multiplied, enabling us to ignore each other any time and any place. Will we someday envy old-fashioned families who at least used to zone out in front of the same TV screen together, even as the Cassandras of the day prophesied looming social apocalypse?

The dire warnings, now a tradition unto themselves, continue. TV is making us dumb, lazy and distractible. This month's issue of the Archives of Pediatric and Adolescent Medicine draws a direct link between the amount of time kids spend in front of their screens and the difficulty they have relating to real people.

Other studies have pointed to bedroom TVs as a cancer on relationships, eliminating family meals and interaction and short-circuiting the sex lives of couples. The more we let the machines into our lives, we're told, the less room there is for people.

Many nights, the denizens of my own apartment (occupancy goes up and down) are firmly sealed in their own bubbles of laptop, iPod and TV, often in combination. Conversation is admittedly sporadic, but the teenagers, as far as I can see, have so far failed to completely degenerate into anti-social blobs.

Paradoxically, even as they seem unaware of each others' presence in the same room, they are often interacting with each other online.

Just how much wholesome family interaction is enough? Sometimes at this age, shutting out one's family for a bit is an entirely desirable enterprise. I just had to do it with comparatively primitive technology like the Walkman. I wouldn't be surprised if bygone alarmists decried Gutenberg's printing press and the creeping effect of literacy on families, with kids' beaks buried in books and other signs of complete societal breakdown.

The grownups in our household, I have to admit, can easily be as plugged in and tuned out as the kids. Many nights when it's just the two of us, we'll notice that we've each been clicking away on our computers and haven't passed a word between us in a couple of hours. We'll often take this as our cue to pull the plug, go out for a drink, sit facing each other and actually talk.

The time to worry is when you shut off all the screens, turn back to each other and find you have nothing to say.

Steve Collins offers his best guesses on relationships for Metro every two weeks.

Views

Prom wars: Out of the mouths of babes

FourthWave

By now you have probably heard about the Mississippi school that cancelled a prom rather than let Constance McMillen, a lesbian student, bring her girlfriend and wear a tuxedo. She asked permission to attend as a couple, but when the school board sent out a memo declaring all dates should be of the opposite sex, the American Civil Liberties Union stepped in and ... you can guess what happens next.

Lots of people, straight and gay, are outraged at the school's actions. I'll spare you all the protestation, since it goes without saying the school is in the wrong — oh, never mind, I'll tell you anyway: It cannot deny a couple their coming-of-age ritual because they're gay. Though McMillen clearly understands the social significance of her fight — that's why she's suing, isn't it? — she also seems bored explaining the situation to camera crews, exasperated that trodding on gay rights still happens in the year 2010.

Young Americans collectively yawn at the mention — among the under-30 set, about 80 per cent believe same-sex marriage is a private decision — so for McMillen and her peers, it's silly trying to explain something that's accepted fact.

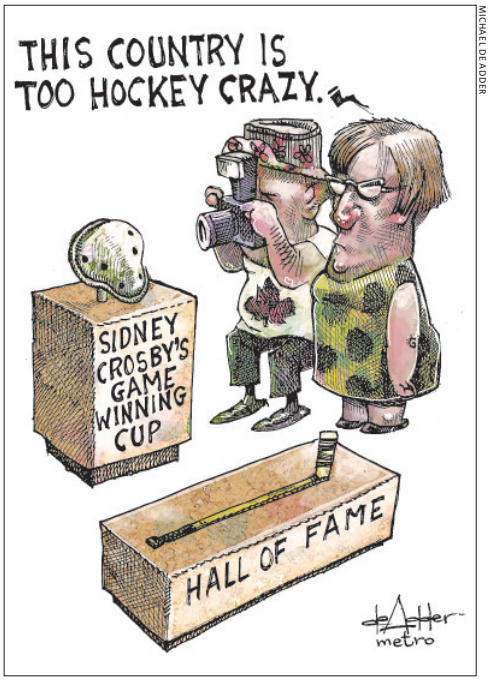
"For you to say that you can't bring someone of the same sex — well, for the gay people that means they can't bring their date," she told the Associated Press. "That's really not fair to the people that are gay." Like, duh.

What a world, in which a teenager makes more sense of what "constitutional rights and liberties" are than the adults charged with teaching her these things. At its core, that's what high school is: A series of life lessons on how to be punctual, polite, committed, ambitious, thoughtful and critical adults.

That's why McMillen sought permission from her teachers, knowing what the outcome might be even before she asked. That's how adults deal with life, right? By talking through their differences and confronting tough situations rather than avoiding them, by, say, cancelling a prom like a socially awkward teenager. Despite feeling guilty that she'd ruined everyone's year-end celebration, McMillen stoically returned to school, still proud of who she is.

She and her girlfriend are examples that courage and maturity can come at any age, and that students aren't the only ones who should learn a thing or two in high school. Like the saying goes, out of the mouths of babes ...

Canice Leung is a former editor of Ryerson University feminist magazine McClung's, copy editor at Metro, ardent feminist and loudmouth.



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Vatican probes visions of the Virgin at Bosnia shrine
The Vatican has begun formally investigating reported apparitions of the Virgin Mary at the Medjugorje shrine in southern Bosnia. Six youths in 1981 said they had regularly seen visions of the Virgin in the remote village 110 kilometres southwest of Sarajevo. More than 30 million faithful have visited the area since 1981. THE ASSOCIATED PRESS

World

Bombshell for dozens

Dozens of people were moved to safety from their homes in Moscow yesterday after workers uncovered more than 900 rusty Second World War-era artillery shells beneath a road. The workers stumbled on the cache as they expanded a road in the Russian capital's western region. THE ASSOCIATED PRESS

The world gets a green light ... to party

The world turned a party-sized shade of green yesterday.

It was St. Patrick's Day, the annual celebration of all hues of Irishness.

• **In Dublin,** more than a half-million people lined a three-kilometre parade route. There were dancing troupes from Africa and India, bands from Austria and France, giant insect floats from Spain, and Dubliners dancing with mops and dusters.

The biggest laughs came for man-sized eggs with legs fighting bakers armed with wooden spoons.

• **In New York,** people lined Fifth Avenue a dozen deep for the world's oldest St. Paddy's parade.

Phil Giovanniello, a military police officer on leave from Iraq, smoked a cigar and took in the sea of green.

"This is my first parade," said Giovanniello. "And it feels great."

• **At the White House,** U.S. President Barack Obama met with Irish Prime Minister Brian Cowen.

Obama noted 36 million Americans claim Irish ancestry, adding: "I'm sure more do on St. Patrick's Day."

THE ASSOCIATED PRESS

Surrender leads to police breakthrough in Berlin poker heist.
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Seeing the world through green-coloured glasses: These revellers were among half a million people who turned out in Dublin to watch the annual St. Patrick's Day parade.

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Egg raffle is just not British, critics say

INFERTILITY A U.S. infertility clinic seeking business in Britain has prompted fierce criticism by offering free eggs from a U.S. woman to a participant in a promotion in London.

It has sparked a debate about the ethics of an event that many said violated the spirit, if not the letter, of a European Union law forbidding fertile women from being paid for their eggs.

Egg donors in the U.K. cannot be compensated more than $384 US.

The rule makes it difficult for infertile women to obtain eggs in the U.K.

It is not illegal for Europeans to pay for eggs overseas and infertile European women seeking eggs have travelled to the U.S. or other countries seeking eggs.

The Virginia-based Genetics and IVF Institute held a free seminar for British couples last night and said one randomly chosen participant would win donor eggs.

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Steamy texts land pair in Dubai jail

SEX A string of steamy text messages has resulted in a jail sentence for an Indian couple in Dubai. Authorities said the sexual content of the texts suggested the unnamed pair planned to "commit sin" — a reference to an extramarital affair, which is illegal in the United Arab Emirates.The pair were each sentenced to three months in jail.

THE ASSOCIATED PRESS

News in brief

ATTACK An Alaska wildlife veterinarian will examine whether two wolves shot by officials this week were the animals that killed teacher Candice Berner, 32, out jogging alone along a rural village road near Chignik Lake on the Alaska Peninsula. The wolves were shot from a helicopter. THE ASSOCIATED PRESS

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Design nightmare to decor dream

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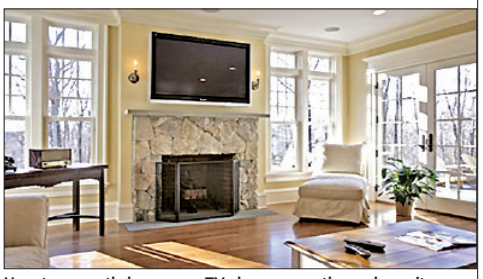

How to correctly hang your TV above a mantle can be quite tricky, but with a little work it can be perfect.

To a movie buff, a flat screen television can be a beautiful thing; But to a decorator it can be their worst nightmare. Trying to incorporate a TV into a room (especially a small space) can be difficult as it is instantly made the focal point of a room.

If you must live with your television front and centre like I do, then there area few designer rules to follow:

Incorporating a black television into your decor scheme: If the black television is the only black object in the room, then it will stand out like a sore thumb. I suggest adding a few other dark-toned decorative items to the room, like black picture frames, curtain rods, lampshades or small furnishings. The more black that get added around the room, the less obvious our flat screens will be.

Choose the right size television for the room: The screen should be a comfortable distance for viewing. You should sit eight to nine feet away from a 32" screen, 10 to 12 feet away from a 42" screen, 13 to 14 feet away from a 50" screen. Purchase a flat screen television that reflects the size of the room, not your ego, boys!

Hanging the television at regular picture height is too high: The middle of the television screen should be between 42-52 inches from the floor as opposed to artwork, which should be hung at 66 inches (from floor to middle). If you hang your television higher, then you will require an angle bracket to tilt the television to your eye level.

Don't compete with the fireplace: The television should be three to eight inches above the mantel (this rule is the same as if you were hanging a painting or mirror over a mantel too). For good proportion, the television should be approximately 3/4 the width of the mantel. Anything smaller will look puny and anything larger will overshadow the fireplace.

TV stand favourites: The **Vista pedestal** from CasaLife (casalife.com, $850) turns your flat screen into a modern sculpture. Perfect for small spaces or placing a television in front of window.

"Trying to incorporate a TV into a room (especially a small space) can be difficult as it is instantly made the focal point of a room."

The **Country Pine Console** from Sears (sears.ca, $480) is a long, low pine cupboard which will house your television, but also offers up a ton of storage. It will add casual country charm to a room and the extra storage is great.

Designer Tip

The wall that the flat screen hangs on is the perfect wall to paint a focal paint colour. Deep-toned colours like charcoal grey or chocolate brown will help to create less contrast between the black television and the wall, making the television visually disappear in the room. Dark colours also add drama to the room.

Karl Lohnes is passionate about good decor and wants to help you have a beautiful home; no matter what your budget or style. Catch him on CTV's Canada AM

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11:17 a.m.: your first assignment, move out of your mom's basement.

FILE PHOTO/THE ASSOCIATED PRESS/RIZZOLI USA, BEAUL + THOMAS PHOTOGRAPHY

Designer Suzanne Kasler brings the outdoors in through industrial-sash doors. The room serves as a retreat for the owners to work and as a great entertaining space, it also features a lot of white.

Go bright with white this coming spring

When interior designer Betsy Burnham redecorated her office recently, she made a decision that surprised her staff: She focused on the colour white. White walls, white ceilings, white furniture, even white chandeliers.

"I'm a huge colour fanatic," she says, "but I just think white makes colour pop so beautifully."

Her favourite colourful accessories "never looked as good" as they do now against a white backdrop. "White is crisp, it's young and it's really flexible."

Decorating with white can be intimidating. But, says designer Brian Patrick Flynn of decordemon.com, "used correctly, white lets other things truly work as the breakout stars."

Yes, there are potential pitfalls in working with white (you're probably envisioning red wine spilled on a white sofa). But it can — honestly — be a versatile and practical option.

WHY WHITE WORKS

"White is a trick designers use to modernize things," says Flynn. Traditional pieces of furniture and scuffed wooden floors are revitalized by white paint. Their imperfections are transformed into appealing texture.

Designer Taniya Nayak, host of HGTV's Destination Design and HGTV.com's $100 Half Day Design series, loves spray-painting old picture frames and mirrors a glossy white.

"It instantly gives them a fresh, mod look," she says.

The backdrop of a white floor and walls makes familiar furniture, window treatments and accessories stand out in a new way.

FILE PHOTO/THE ASSOCIATED PRESS/BURNHAM DESIGNS, GREY CRAWFORD

This photo released by Burnham Design shows a bedroom in white.

"You want it to be livable, not like Liquid Paper. If there's too much blue in it, it's just going to be blinding."
Betsy Burnham

White can feel traditional when paired with ornate pieces, or utterly modern with streamlined furniture and chrome.

"White can also kind of work as a mediator," Flynn says. "Just like bringing in a marriage counsellor, white will work as a mediator between soft and loud colours. You can use it to work as a bridge between two colours."

HOW TO APPROACH IT

Flynn loves doing white walls and furniture with bold colour on the ceiling, in accessories and in the interiors of bookcases.

Nayak recently created a nautical look for her HGTV series that pairs white furniture, ceilings and columns with dramatic navy-blue walls and splashes of yellow.

If you prefer something preppier, she says, try white and navy with a bit of bright green. (Other colour combos she likes: Rooms done entirely in black and white, or white with grey and chartreuse accents.)

If you have a room with large windows, you'll make the view more of a focal point by doing a very white room. "The view becomes your art," says Nayak.

TREADING CAREFULLY

Choose your shades of white carefully.

"You want it to be livable, not like Liquid Paper," Burnham says. "If there's too much blue in it, it's just going to be blinding."

Some whites are warm, with a slightly yellow undertone, while others have a cool tinge. There are also greenish whites, purplish whites and many other varieties.

THE ASSOCIATED PRESS

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Time to start thinking about your garden

HomeScape

If you're a gardener or planning on landscaping this spring, be prepared to take a nature-friendly approach (if you haven't done so already).

Here are some of the nature-oriented landscaping and gardening trends that have become increasingly more evident over the last few years, and will be noticeably stronger this spring.

• **Lawns:** Lawns going, going, gone? Grass is becoming less popular because it's not an environmentally friendly option, since it sucks back a lot of water, requires cutting (usually with a gas-powered lawnmower), and the occasional dosing of fertilizer or bug killer.

• **Forest look:** Natural-looking plantings are in, so the yard looks like a meadow, or a forest floor. Manicured gardens and lawns are out.

• **Local:** Native plants and shrubs are appearing, rather than non-native plants that require extra watering, pest control and other ministrations. Low-maintenance flowers and other plants that grow without any help from us in local meadows and fields are appearing in gardens.

Mulch and vegetation gardening are coming back in a big way.

• **Decks and patios:** To enjoy natural settings, decks or patios are a must. Natural stone pavers are appearing more often, with sand between them, to encourage drainage. Porous pavers are also appearing on the market, with the goal of allowing rainwater to soak into the soil. And don't forget the substantial, durable and comfortable outdoor furniture.

• **Growing food:** Vegetable gardens are coming back with a vengeance. Rising food prices have made them more popular, as well as a wish to eat fresh organic foods.

• **Pests:** Some of the old-fashioned pest control methods that use spices such as cayenne, citrus oil or crushed mint are making a comeback. (There are a ton of natural pest control solutions on the internet.)

• **Mulch:** Mulch is big. It's a natural way to keep the soil around plants cool, damp, and it inhibits the growth of weeds.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

Reno solutions on a budget

RENOVATING Creating a stylish and appealing kitchen doesn't mean you have to blow the bank. Great looking upgrades and stylish design can be more affordable than you'd think.

Here are five design secrets that will help you achieve an affordable kitchen upgrade:

• **Update the look of your cabinets:** A fresh coat of paint or a new colour on your cabinets can transform a kitchen — giving it a completely fresh look and feel. Some hot colours for 2010 include, ultra-chic red, mint greens, electric blues and cool grays.

• Tip: When painting wood cabinets, choose an oil-based enamel paint for a longer-lasting finish that is easy to clean.

• **Go from boring backsplash to bistro-chic:** Upgrade a backsplash with a few coats of chalkboard paint. This usable chalkboard surface is a playful and interactive way to add personal flare to a kitchen.

• Tip: Chalkboard paint comes in a variety of colours that can fit any kitchen palette.

• **Make the switch to stainless:** A suite of stainless steel appliances is a great way to increase the value of your kitchen — not to mention transforming the overall style. For example, Amana offers sleek, stylish and affordably priced appliance solutions. In fact, for less than $2,000 you can purchase an entire Amana kitchen suite.

• Tip: Look for true stainless steel when upgrading appliances — watch out for wannabes.

• **Showcase personal treasures:** Try framing recipes from a favourite cookbook or cooking photos you have taken in the past — this will transform the kitchen from a functional space to one with individual style.

• Tip: You can find affordable art anywhere.

• **Freshen up:** Adding a punch of colour and the aroma of flowers or herbs in the kitchen brings the space to life. Freshly cut or potted flowers brighten a kitchen and make the space welcoming.

• Tip: Use old water jugs or mason jars as vases for added personal flare.

More affordable kitchen solutions can be found online at Amanacanada.ca.

NEWS CANADA

For mortgage advice visit any TD Canada Trust branch or call a Mobile Mortgage Specialist at 1-888-660-5965. www.tdcanadatrust.com/myhome

TD Canada Trust

With a natural-looking ... basket-weave design, the eco-friendly Enviroblend Planter is manufactured from 55 per cent recycled plastics and 44 per cent natural materials. Canadian Tire, $16.99, canadiantire.ca. JENNIFER BILL/FOR METRO CANADA

To create this regal, papier mache animal head, the Zebra Savannah Story Bust is made of layers of repurposed cement bags, covered with vintage French book pages. Anthropologie, $78, anthropologie.com.

Homes in **Style**

Reduce, Reuse, **ReStyle**

JENNIFER BILL
for Metro Canada

Who says going green can't be gorgeous?

Incorporating sustainable materials into your home's design can make for attractive interiors that take it easy on the environment.

With the green movement continuing to grow and increasing emphasis on eco-friendly products, seeking design elements that use recycled products, redoing existing pieces and consignment shopping is all the rage.

"Companies are offering more products that have that designer look and feel to it and have that eco-friendly feel," says Marc Atiyolil, editor in chief of Canadian Home Trends magazine. "I think it's quite different from what it was 10 years ago. When you said eco-friendly and green, consumers thought … a back to nature look.

"I'm seeing companies being more innovative and coming up with more designer looks with recycled products."

"Companies are offering more products that have that designer look and feel to it and have that eco-friendly feel."
Marc Atiyolil

Many stores today are showing one-of-a-kind eco-friendly art designs from such reusable items as newspapers, magazines, or discarded bottles — meaning less rubbish for the landfill. Atiyolil, whose next issue focuses on green decorating, says many are turning to consignment stores to modify existing pieces. Case in point: Grandma's traditional chair — it might not fit into one's decor, but change around the outdated fabric, reupholster and repaint, and a new piece is born.

"You still have family memorabilia but it now goes in a trendy space … instead of in your basement with a cover over it," he said.

The Time And Again Bird House, Red Pagoda ($78), is a home for the environmentally conscious flock, handmade from recycled wood and tins. Use it indoors as a quirky adornment or outside as a bona-fide shelter. Anthropologie, $78, anthropologie.com.

The Grey Cabin ($68) is made from recycled tins. Anthropologie, $78, anthropologie.com.

Found objects, trinkets and cast-offs revel in their new role as exuberant participants in the Magpie Chandelier. Each is a bespoke creation crafted by hand of reclaimed materials — recycled plastic, galvanized wire and string. This celebratory fixture was created by the members of the Magpie Art Collective and handmade in South Africa. Anthropologie, $5,000, anthropologie.com.

Light up a room or showcase a favourite object with the Bell Jar Table Lamp. The lamp is topped with a textured cotton shade, with a dome display base of hand-blown, clear recycled bubble-glass. West Elm, $149, westelm.com.

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First-time hombuyers 101 course

Suite **Talk**

A free annual seminar for first-time homebuyers being held this Tuesday will help "de-mystify" the process, organizers say.

The 16th annual event presented by the Greater Vancouver Home Builders' Association features a panel of housing experts who can answer key questions common among people looking — and maybe a little anxious — to enter the housing market.

They include:

- What location is preferable?
- What are the mortgage options?
- Will interest rates rise by summer?
- How about legal considerations and closing costs?
- How will the federal government's new mortgage qualifying rules and upcoming harmonized sales tax affect buyers?
- What are the benefits of builder licensing and mandatory home warranties?

Peter Simpson, spokesperson for the seminar, said participating experts can help potential buyers "complete their homework by investigating all available options.

"More than 900 people registered for last year's seminar and, because real estate is still a hot topic, we expect a similar attendance this year," Simpson said.

Doors open at 6 p.m., allowing attendees time to view displays of new homes and other housing-related products and services.

Pre-registration is required. It can be done online at gvhba.org or by phone at 778-565-4288 from 8:30 a.m. to 5 p.m. Monday to Friday. Registrations will also be accepted via voicemail during off hours.

Although the seminar is free, attendees are asked to bring a non-perishable food item for the Surrey Food Bank.

FOR METRO VANCOUVER

Where it is

- The seminar is at the Sheraton Vancouver Guildford Hotel, 15269 104 Avenue, Surrey.
- Parking at the hotel is free.

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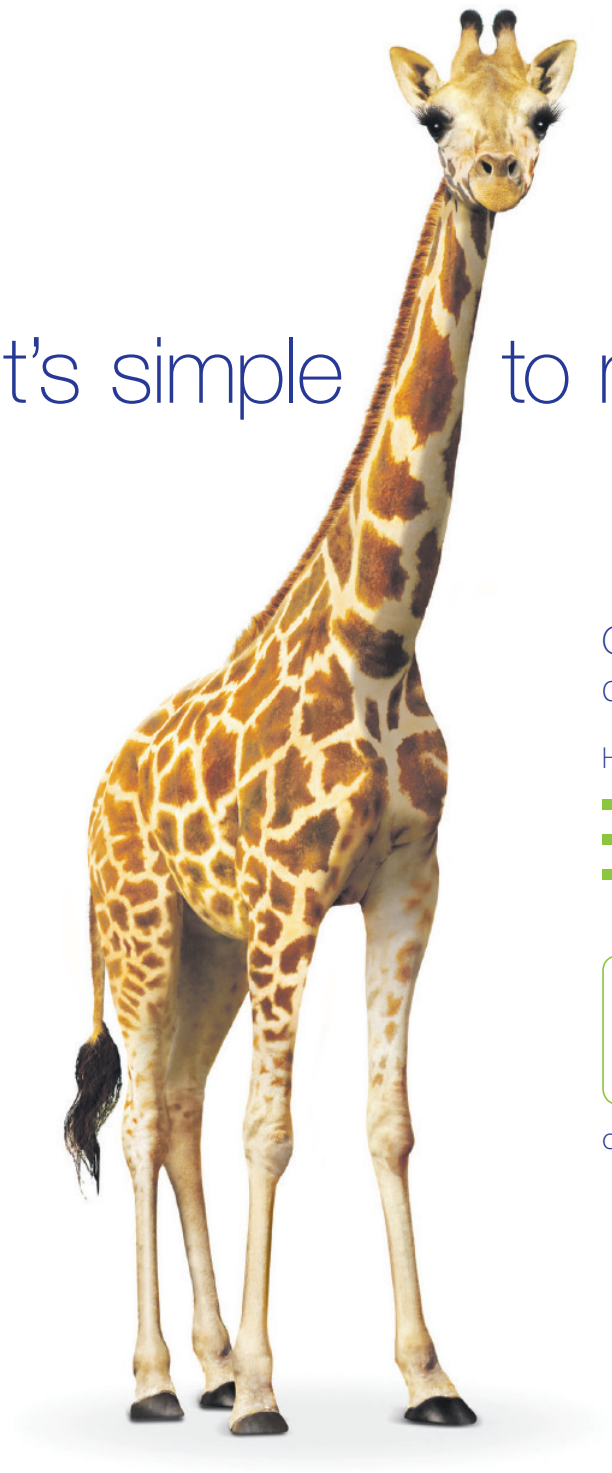

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Telus boosting its Alberta infrastructure

Vancouver-based telecom company Telus Corp. said yesterday it will invest $650 million to increase both the speed and coverage areas for its current wireless and land-based services in Alberta this year. THE CANADIAN PRESS

Business

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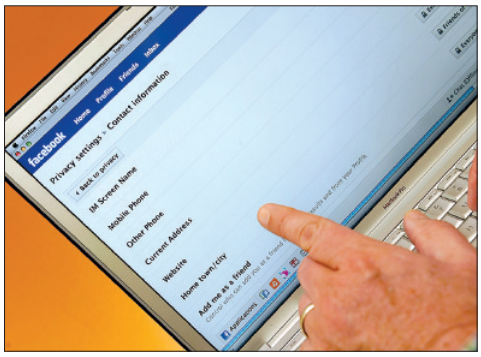
EDITOR: FERMIN.DESOUZA@METRONEWS.CA



THE ASSOCIATED PRESS FILE PHOTO

Facebook is expected to add geotagging soon, following in the steps of sites like Twitter, Flickr and blog providers that enable users to include their location in whatever they post.

Geotagging raises concerns

As if knowing what your friend had for lunch wasn't enough, now you can see where she was eating it as well.

An increasing number of websites and social networking services are adopting geotagging, allowing users to include their exact location when they update their status or upload a photo.

But privacy experts warn there are dangers in haphazardly broadcasting your location to the world.

The lists of services that incorporate geotagging has been growing during the past year or so, with sites like Twitter, Flickr and blog providers enabling users to include their location in whatever they post. Facebook is expected to add geotagging soon.

Tamir Israel, a staff lawyer at the Canadian Internet Policy and Public Interest Clinic, says users shouldn't use these services without first thinking about the privacy implications of telling anyone with an Internet connection where they are and where they've been.

Geotagging is fuelling the same debate about privacy that sites like MySpace and Facebook helped generate. Canada's privacy commissioner, who forced Facebook to make changes to its privacy policies, is already examining geotagging, says Israel. THE CANADIAN PRESS

SCANLIFE

Recession, web fuel boom in market for people's "stuff."

Scan code or text STUFF to 82442 for more.
Learn how to scan on the Local page.

Cave-in kills three at Barrick Gold mine

MINING Barrick Gold Corp. has suspended activities at a mine in Tanzania after three workers were killed in a cave-in.

The world's biggest gold miner said the workers died when part of the Bulyanhulu mine collapsed Tuesday.

The company said it will keep the mine's operations shut down until today. Although operations will resume afterward, Barrick says the immediate area of the cave-in will remain closed throughout its investigation.

The Tanzanian mine is one of four involved in a spinoff of Barrick's African operations.

THE CANADIAN PRESS

Blockbuster says it's nearing bankruptcy

VIDEOS Shares of Blockbuster Inc. sank 30 per cent yesterday after the video rental chain warned that it may have to file for Chapter 11 bankruptcy protection in the U.S.

Competition from DVD-by-mail company Netflix Inc. and DVD vending machines operated by Coinstar Inc. have eroded the Dallas-based company's revenue even as it staggers under a heavy debt load.

Blockbuster Inc. said in a regulatory filing late Tuesday that it was suffering "significant liquidity constraints."

THE ASSOCIATED PRESS

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Compensation CEO gets more

MEL EVANS/THE ASSOCIATED PRESS FILE PHOTO

Johnson & Johnson gave its chief executive officer, William Weldon, 61, an 11 per cent increase in compensation in 2009, to $25.5 million, according to Associated Press calculations, even though the health-care products giant cut thousands of jobs and saw its annual revenue decline. In November, Johnson & Johnson announced plans to eliminate about 8,000 jobs. But the company's stock performed well last year, rising 7.7 per cent.

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Business in brief

ECONOMY The World Bank raised its China growth forecast this year to 9.5 per cent from nine per cent yesterday, but said Beijing needs to cool inflation and possible bubbles in real estate prices.

PUBLISHING Transcontinental Inc. swung to a profit in the first quarter despite lower revenues as it confirmed it will receive more than $100 million US in net proceeds from the sale of its U.S. direct mail business. The Montreal-based publisher and printer earned $27.9 million, reversing a year-ago $6.4-million loss.

ENERGY Oil prices topped $82 US a barrel yesterday after crude inventories grew less than expected last week, and the stock market rose on the Fed's promise to keep interest rates at record lows. Benchmark crude for April delivery was up 51 cents to $82.21 a barrel on the New York Mercantile Exchange. The U.S. Energy Information Administration said crude inventories rose last week by a million barrels to 344 million barrels.

APPAREL Nike Inc. said yesterday that stronger sales helped boost the athletic shoe and clothing company's third-quarter profit. Nike reported after the market closed that it earned $496 million, or $1.01 per share, for the quarter. That's more than double the $244 million, or 50 cents per share, it reported for the same period a year earlier.

METRO NEWS SERVICES

Lee suspended for five games

Seattle pitcher Cliff Lee was suspended yesterday for the first five games of the regular season for throwing over the head of a hitter, possibly delaying his highly anticipated debut with the Mariners. Lee also was fined by Major League Baseball vice-president of discipline Bob Watson. THE ASSOCIATED PRESS

Sports

Bolt to run 300-metre race

Jamaican sprint star Usain Bolt, left, will compete in the rarely contested 300-metre race at the traditional Czech Golden Spike meet in May. Organizers said yesterday that Bolt, who holds the world record at 100 and 200 metres, will attempt to break the world mark in the distance May 27 in Ostrava. Michael Johnson holds the current mark of 30.85 seconds. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Using cocaine 'huge mistake': Texas manager

BASEBALL Texas Rangers manager Ron Washington admitted he made a "huge mistake" when he used cocaine and failed a Major League Baseball drug test last season.

In his first public admission, he apologized yesterday for his behaviour, eight months after he told Rangers president Nolan Ryan, who turned down Washington's offer to resign.

Ron Washington

"I made a huge mistake and it almost caused me to lose everything I have worked for all of my life," Washington said at a news conference yesterday. "I am not here to make excuses. There are none."

Washington said he used cocaine only once and called it "stupid" and "shameful."

The failed test was first reported by SI.com.

Washington said he told the commissioner's office and Rangers officials about using cocaine before he had a routine drug test.

THE ASSOCIATED PRESS

SCOREBOARD

NHL

YESTERDAY'S RESULTS

Anaheim 4 Chicago 2
Calgary 3 Colorado 2
New Jersey 5 Pittsburgh 2

NBA

YESTERDAY'S RESULTS

Toronto 106 Atlanta 105
Charlotte 100 Oklahoma City 92
Cleveland 99 Indiana 94
Philadelphia 108 New Jersey 97
Boston 109 New York 97
Orlando 110 San Antonio 84
Dallas 113 Chicago 106
Houston 107 Memphis 94
Utah 122 Minnesota 100
L.A. Clippers 101 Milwaukee 93
Golden State 131 New Orleans 121

Grabner gets another shot

Michael Grabner's first stint with the Vancouver Canucks lasted just nine games after he broke his ankle during a warmup kickaround with a soccer ball.

With Mikael Samuelsson sidelined due to a shoulder injury, Grabner has been recalled from the AHL's Manitoba Moose and the Austrian said he has no intention of changing his pre-game routine.

"I played (soccer) down in Winnipeg," he said after practice yesterday. "It's just a warmup you do. It was a fluke accident.

"As soon as I got back and started playing again, nothing happened. It was just bad luck."

Several Canucks warm up for games by passing a soccer ball around in the hallway outside their dressing room.

"My leg got caught at the wall and I landed on my toes and I rolled over," said Grabner, who was sent back to Manitoba to recover.

HARRY HOW/GETTY IMAGES

With Mikael Samuelsson sidelined due to a shoulder injury, Michael Grabner has been recalled from the AHL's Manitoba Moose by the Vancouver Canucks.

Samuelsson, named the NHL's first star of the week on Monday after six goals and 10 points in four games, was injured in Tuesday's 5-2 loss to the New York Islanders.

He is expected to be sidelined two to three weeks.

He signed with Vancouver after four years with the Detroit Red Wings and reached the 30-goal plateau for the first time in his career. The injury ended a seven-game points streak that included nine goals.

"I was just happy that I showed them that I could play here."
Michael Grabner

"Injury is never a good thing, especially to one of our better players arguably playing the best hockey that he has all year," said Ryan Kesler.

Grabner said he didn't dwell on the injury earlier this season that sent him to Winnipeg, where had 15 goals and 26 points in 38 games.

"I was just happy that I showed them that I could play here," said Grabner. "It (the accident) could have happened on the ice."

THE CANADIAN PRESS

Finding motivation no problem for Samuelsson

TheHockeyNews

Rory Boylen
rboylen@thehockeynews.com

With two goals against Ottawa Saturday night, Mikael Samuelsson became the second Canuck to hit 30 goals this season. When you consider he was the fourth player on the squad to hit 20 goals, that statistic is actually quite amazing.

Further goals will have to wait a while, as the Canucks announced yesterday that Samuelsson will miss two to three weeks with a shoulder injury.

The year 2010 has been solid for the Swedish snub. Kept off the Tre Kronor Olympic team when it was named in late December, you might say the guy doesn't take kindly to being cut.

Aside from his now-famous remarks regarding his thoughts about the blue and gold, Samuelsson went on a seven-game point streak immediately following that omission and earned 10 points in the next 11 games.

Now, at the time, it wasn't outlandish the off-season free-agent signing for the Canucks was left off the team. He had only managed four goals and 11 points in 25 games from Oct. 30-Dec. 26, after starting well with 12 points in 13 games. So it was reasonable to question whether he was going to be in top form for the short tournament.

With 26 points in 41 contests in the 2009 portion of this season, Samuelsson's assist in Sunday's win against the Flames eclipsed his first-half mark already, giving him 27 points in 28 games in 2010.

Talk about playing with a chip on your shoulder.

It's been a career year for Samuelsson, who has surpassed his previous career high in points by eight already and his highest goal total by seven. His hat trick against Colorado last Tuesday was the first of his career and he's even seen a little time on the Sedin line, which, with hindsight in the rear-view mirror, may have proven helpful to the disappointing Swedish Olympic effort.

His player of the week honour after garnering 10 points in four games was the first of his career as well.

It's performances like these from Samuelsson, Mason Raymond, Ryan Kesler and Christian Ehrhoff to name a few that are the reason the Canucks could set franchise highs for points and wins this season. They are looking hot for the playoffs, so long as they don't burn themselves out along the way.

Heck, if this is how Samuelsson responds to snubs, I'd throw the guy on the fourth line for the last two games of the regular season!

The Hockey News thn.com

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Medal count

Canada has won eight medals at the Paralympics, including three gold, three silver and two bronze. The Russian Federation leads the medal table with 23, including eight gold. THE CANADIAN PRESS

Paralympic Games

EDITOR: DON.MCHOULL@METRONEWS.CA

Sledge-hockey team readies for semifinal

CANADA When the Canadian sledge-hockey team first took to the ice at the Vancouver Paralympics, a number of the players said they were squeezing their sticks a little too tightly in front a raucous crowd and a national television audience.

Now that spotlight is shining even brighter as Canada faces Japan today, a team every bit as much an underdog as the Italian squad the Canadians struggled with in their round-robin opener.

Facing mounting pressure and just two wins away from successfully defending Paralympic gold, the Canadians promise they won't look past the Japanese or play a hand in beating themselves.

"Not even getting a chance to play for a gold medal, that would hurt a lot," said Greg Westlake, the tournament's leading goal-scorer.

"So (we're) going to go out there and (we're) going to do everything in our power just to give ourselves a chance to win."

Canada won all three of its round-robin games by a combined score of 19-1.

A final round-robin win against Norway gave Canada top spot in Group B, and allowed the team to avoid a semifinal date with the high-powered Americans. If the two teams do face off, it will be in the gold-medal game.

"Not even getting a chance to play for a gold medal, that would hurt a lot."
Greg Westlake, Team Canada

The U.S. takes on Norway in the other semifinal.

Head coach Jeff Snyder agreed that his squad won't look past a Japanese team making its first Paralympic semifinal appearance.

"That's the only game that matters right now," he said.

Snyder said his team will come out against Japan much as it did against Norway, throwing the body early and getting in hard on the forecheck.

Captain Jean Labonte said another key will be to neutralize Japan's speed.

THE CANADIAN PRESS

2nd gold for Woolstencroft

Skier wins standing giant slalom in dominant performance

Standing at the top of the podium never gets old for alpine skier Lauren Woolstencroft, just harder.

Woolstencroft earned her second gold medal of the Paralympics yesterday by winning the women's standing giant slalom. She finished 7.57 seconds ahead of silver medallist Andrea Rothfuss of Germany.

"I haven't had a very good World Cup season," said the 28-year-old from North Vancouver, B.C. "I lost tons of races. That just motivated me to come here.

"It's a strong field. I'm surprised at the margins (of victory) because it's been really tight at the World Cup the last few years. I'm happy I can ski my best here."

Karolina Wisniewska of Vancouver came close to winning her second medal of the Paralympics, but finished fourth.

Woolstencroft, the first double-gold medallist for Canada at these Games, won the race in two minutes 34.03 seconds. Rothfuss was clocked in 2:41.60, while Slovakia's Petra Smarzova was third in 2:41.63. Wisniewska finished in 2:44.03.

Woolstencroft won Monday's slalom race, while Wisniewska was third.

Born without legs below the knee and no left arm below the elbow, Woolstencroft has won seven Paralympic medals, including five gold.

Despite her dominating performance yesterday, she said the medals are not coming any easier.

"When I won my first one in Salt Lake City, it was unexpected," said the electrical engineer. "There was no pressure on me going in. There was a lot less pressure on Paralympic athletes in general.

"Now there is a lot more pressure. A lot more time and resources goes into our sport. It takes on a different meaning. We train a lot more. We have a lot more serious program than we did 10 years ago. To perform with that kind of pressure now, eight years later, is great."

In other events, Jeff Dickson of Sudbury, Ont., was the top Canadian in the men's slalom, finishing 18th.

No Canadian was on the podium at biathlon.

Brian McKeever and his brother Robin decided not to race the 12.5-kilometre event for the visually impaired so they will be rested for today's 10-kilometre cross-country competition.

THE CANADIAN PRESS

JONATHAN HAYWARD/THE CANADIAN PRESS

Lauren Woolstencroft races to a gold-medal win during the second run of the women's giant slalom standing event yesterday.

Canadian curlers off to semis

• Canada clinched first place in the round-robin portion of the Vancouver Paralympic wheelchair curling event yesterday. In the early draw, Canada guaranteed itself a spot in the semifinals with an 8-6 win over Germany. The Canadians followed with a 6-4 win over South Korea in the late draw to clinch top spot in the 10-team mixed-gender competition.

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RECOMMENDED BY METRO READERS

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NEXT WEEK'S TOP 5 – MOVERS
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Fashion in the prairies

Alberta Fashion Week begins Sunday (until March 27) at the BR& at the Banke. Designers will include Jason Matio, Andrew Majtenyl and Holly Allen. For more information, visit albertafashionweek.ca. METRO NEWS SERVICES

Style

The outdoorsy type

Men are looking to reconnect with nature and embrace their inner athlete this season with sports wear and casual chic looks on the runway. One of the most important ways for men to stay on top of their game is with that key accessory: A watch. Guess' latest Spring 2010 collection embodies this style, offering function and sporty durability. Pictured: Guess yellow band watch, $280, far left, and Guess brown leather band watch, $115, left.

METRO NEWS SERVICE

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Cuckoo for clogs

The iconic '70s shoe is back on runways and on the street

Studded clog, $59, Joe Fresh

Peep toe flower-print and beige Stuart Weitzman clogs, $385 each, available at Holt Renfrew

Lace clogs, $125, Aldo.

HEATHER BUCHAN
for Metro Canada

There's a new footwear craze ushering in spring: Clogs. Yes, that's right, they're back.

But before you choke on your latté while imagining donning a pair of humble Dutch-style all-wood shoes painted yellow, take comfort in the fact that 2010 clogs have been reworked into updated versions.

Those that marched down the runways in New York, Paris, London and Milan, featured luxurious suede and leather uppers, and ranged in styles, from Prada's leather sandal clogs to the stiletto clogs at Yves Saint Laurent, to the studded platform clogs (reminiscent of the '70s disco era) at Chanel.

Christine Carlton, divisional director of accessories at Holt Renfrew, who always has her finger on the pulse of the latest trends, says, "It was definitely everywhere. It's the trend with every brand. The standard is the low wood construction, but many of the designers did create a high heel clog, which is obviously their take on it."

"A clog is very of-the-'70s and we're starting to see a little bit more of that boho chic," says Carlton, adding, "there's always different eras that many designers go back to, and everything has a life cycle, so everything comes back over and over again."

Still, if the clunky look of the clog hasn't sold you on getting a pair for spring, perhaps their wearability will. "It's actually a comfortable shoe because it's a solid wood construction bottom," explains Carlton. Regardless, as Carlton points out, a trend is a trend and clogs are fashionable again.

JACQUES BRINON/THE ASSOCIATED PRESS

ABOVE: Clogs as part of Chanel's spring/summer 2010 ready-to-wear fashion collection.

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In brief

EVENT The Kensie and Kensiegirl Spring 2010 fashion shows are on this Saturday at the Sears at Pacific Centre downtown Vancouver. The event, which starts at 2 p.m., will be hosted by Zoe Glassner, Marie Claire's Running with Heals stylist and Project Runway stylist.

METRO NEWS SERVICE

Hobbit to start filming in June

Ian McKellan has revealed that filming for The Hobbit will finally get underway in June. The actor, who took on the role of Gandalf in The Lord of the Rings trilogy, posted on his website that filming will begin in the summer. FEMALEFIRST.CO.UK

Entertainment

Conan film

Conan O'Brien is in early talks to film a documentary of his 30-city Legally Prohibited From Being Funny on Television Tour, reports Deadline's Mike Fleming. EW.COM

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Earning your Stripes

Under Great White Northern Lights, available on CD and DVD, details The White Stripes' extensive 2007 tour of Canada.

The White Stripes

Album: Under Great White Northern Lights **Label:** Warner
Rating: ●●●●

IF CANADIANS NEED another reason to feel pride post-Olympics, they should pick up The White Strips' new DVD/CD chronicling the group's extensive 2007 Canadian tour. The CD, which can be bought separately, is where the musical meat resides. This disc is amazing to listen to — Jack White gives a shout out to Yellowknife, brings up his cousin on a Cape Breton stage during the song Prickly Thorn, but Sweetly Worn to play bagpipes — and it's a treat to simply know all this was recorded on Canadian soil. The disc covers the Stripes' entire catalogue, and they do it well, with all their gritty, intense rock on full display.

Bryan Borzykowski/for Metro Canada

Elizabeth Shepherd

Album: Heavy Falls The Night
Label: Right On Media
Rating: ●●½

STRIVING FOR ECLECTICISM, Toronto-based singer/songwriter/pianist Elizabeth Shepherd incorporates many genres and moods into tertiary full-length Heavy Falls The Night. From the plinky keyboard and jazzy feel of High through What Else with its '70s singer in a beatnik cafe aura to the simplistic rendition of Anne Murray's lilting Danny's Song, there's no lack of diversity. Still, while each track is performed brilliantly and Shepherd's voice is velvety-smooth, the plethora of styles explored would have greater impact were they divided up in bigger chunks: by album, not track. The overall lack of a unifying foundation winds up making Heavy Falls The Night interesting but more esoteric than multifarious.

Keith Carman/for Metro Canada

Ghostkeeper

Album: Ghostkeeper
Label: Flemish Eye
Rating: ●●●●½

RECORDED IN A number of public and private spaces and then stitched together as a sound collage, Ghostkeeper's second album is more like a warm, itchy quilt than any sort of Frankenstein monster. Built of Shane Ghostkeeper's varied and sporadic influences, the songs jump back and forth between an off-kilter, folk songwriting style, rickety bursts of indie rock, swampy blues-guitar tangents and a surprising amount of concord between the unpredictable instruments, Shane's whiskey-soaked croak and Sarah Houle's recurring, feverish moan. The album's capricious movements tends to reach overwhelming levels at points, but it's this loose cannon mentality that gives these Albertans their distinction from virtually every other band out there.

Cam Lindsay/for Metro Canada

Crash Karma

Album: Crash Karma
Label: E1 Entertainment
Rating: ●●

IF YOU DIDN'T know it, the '90s are back. And to prove it, Edwin's teamed up with OLP's Mike Turner, Tea Party's Jeff Burrows and Zygote's Amir Epstein to bring back all the sounds we haven't missed. This album is exactly what you think it would sound like — it's classic mid-'90s Can Rock, complete with Edwin's over wrought vocals and Turner's fancy, crunchy riffs. It's hard not to want to listen to this in your childhood bedroom, but we're not kids anymore. It's a bland, unimaginative record with sounds that don't stand the test of time.

Bryan Borzykowski/for Metro Canada

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The Whigs

Album: In The Dark
Label: ATO/MapleMusic
Rating: ●●½

HERE'S A PIECE of advice for all the bands out there — don't go on tour with Kings of Leon. Until the Athens-based trio The Whigs hit the road with the Followill clan the group expertly delivered Replacements-meets-Pixies sounds. On the threesome's new disc the band has gotten brasher, more streamlined and, well, more Kings. It's becoming harder to differentiate the group from all the other rock bands out there, though it's not all a lost cause — Kill Me Carolyn is a frenetic, engaging riff rocker that'll remind you why you got into the band in the first place.

Bryan Borzykowski/for Metro Canada

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 3/18/10	251	308	3 CBC	Wheel Fortune	Jeopardy! (N)	The Nature of Things (N)		Love, Hate and Propaganda		CBC News: The National (N)		(:05) The Hour
	254	-	9 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
	250	321	5 CTV	etalk (CC)	Access H.	The Vampire Diaries (CC)		CSI: Crime Scene Investigat'n		Flashpoint (CC) (DVS)		CTV News
	-	-	10 JOY	Archaeologist	The Insider	Stargate SG-1 "The Curse"		Supernatural (CC)		P3	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	Bones (PA) (CC)		The Office (N)	Tucson	90210 "Girl Fight" (N) (CC)		News
	256	389	12 VI	Degrassi: TNG	TMZ (N) (CC)	FlashForward Mark must meet with a therapist. (N) (CC)				(:01) Private Practice (CC)		A News (N)
	253	359	13 CITY	The Office	The Office	Community (N)	Parks/Recreat	On Purpose	30 Rock (N)	The Marriage Ref (N) (CC)		EP Daily
	-	-	14 CW	The Office	The Office	The Vampire Diaries (CC)		Supernatural (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	College Basketball				News	Entertainment	The Insider	Hot Tech 2010	KIRO 7 News
	287	379	16 NBC	Evening Mag.	Inside Edition	Community (N)	Parks/Recreat	The Office (N)	30 Rock (N)	The Marriage Ref (N) (CC)		KING 5 News
	602	568	19 W	Supernanny "Moy Family"		Love It or List It		Confidential	Confidential	Divine Design	House-Sell	Love It-List It
	288	380	21 ABC	Wheel Fortune	Jeopardy! (N)	FlashForward Mark must meet with a therapist. (N) (CC)				(:01) Private Practice (CC)		KOMO 4 News
	-	-	26 KVOS	M*A*S*H	M*A*S*H	Nailed ★ (2001, Drama) Harvey Keitel, Brad Rowe.				Seinfeld	King	Cheers (CC)
	291	383	27 PBS	Visions of Canada (CC)			Rounder Records 40th Anniversary Concert			More Funny Ladies		Visions
	290	382	28 FOX	Two/Half Men	Two/Half Men	Bones (PA) (CC)		Fringe Details of the Observer.		Q13 FOX News at Ten (N)		Family Guy
	-	364	43 PBS	Rock and Roll Classics		Motor City Memories		Ed Sullivan's Rock and Roll Classics: The 60s (CC)				Queen-Crown
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	The Office	Name Is Earl	South Park	Half & Half	Paid Program	Street Court	Cold Files
	298	653	35 TLA	Two/Half Men	Two/Half Men	The Vampire Diaries (CC)		Supernatural (CC)		KTLA 5 News at 10 (N) (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury (CC)	
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76 STR	CTV News	NTV Latenight News		Inside Edition	(:05) Seinfeld	Late Show W/Letterman		Late Late Show/Ferguson	
news	502	390	23 NW	The Nature of Things (CC)		CBC News: The National (N)		CBC News: The National (N)		The Nature of Things (CC)		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Best Damn Sports Show		Hockey	Canucks TV	The Ultimate Fighter		Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	NHL Hockey San Jose Sharks at Vancouver Canucks. (Subject to Blackout)					SportsCentre	World Series/Poker - Europe		SportsCentre
	411	457	49 OLN	Ghost Hunters International		Destination Truth (CC)		Oper. Repo	Oper. Repo	Ghost Hunters (CC)		Ghost Hunters
	410	403	54 SCR	College Basketball				Score Now		Score Now		Final Score
	417	406	55 SC	Bullrun (N)		Pass Time	NASCAR Hub	Fast Track to Fame		Bullrun		Bullrun
	416	409	144 GLF	Fútbol						Gol TV News	Gol TV News	Gol TV News
family	552	543	25 YTV	iCarly (CC)	Prank Patrol	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz	To Be Indie	Prank Patrol
	555	545	50 TEL	Wallace & Gromit: The Curse of the Were-Rabbit ★★★				Futurama	King of Hill	Lord of the Rings: Fellowship of Ring		
	557	541	51 FAM	Han. Montana	Suite Life	Sonny Chance	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	553	546	53 TRE	Little Bear	Toopy	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Frontiers of Construction		Going to Extremes "Hot"		Empire of the Word		Snapshot	Snapshot	Beautiful
	575	583	20 CMT	Home Imp.	Home Imp.	Unstable	Unstable	Amer. Funniest Home Videos		Reba (CC)	Reba (CC)	According-Jim
	570	580	24 MM	disBAND	disBAND	UR11		Springbreak.10		MuchMegaHits (CC)		Video on Trial
	600	564	29 H&G	House	House	Holmes Inspection (CC)		House-Bryan	Real Renos	Holmes on Homes (CC)		House
	615	520	31 A&E	Manhunters	Manhunters	Manhunters	Manhunters	(:01) The First 48 (CC)		(:01) The First 48 (CC)		Manhunters
	628	584	42 SPKE	(6:00) Predator ★★★ (1987) Carl Weathers			MANswers	MANswers	MANswers	CSI: Crime Scene		Mysteries
	521	560	44 TLC	LA Ink "Gone Too Far" (N)		Police Women of Maricopa		LA Ink "Gone Too Far" (CC)		Police Women of Maricopa		LA Ink (CC)
	616	522	45 SHO	Relic Hunter (CC)		Voices (2007, Suspense) Amy Acker. (CC)				Cra$h & Burn (CC)		Law-Order
	620	523	40 BVO	(6:00) Framed for Murder		Law & Order "Legacy" (CC)		Without a Trace "Shadows"		Framed for Murder (2007) Elisa Donovan.		
	601	562	41 SLC	Chop Shop	Chop Shop	ET Canada	Whatever	Real Housewives of New York		Real Housewives, Orange		Runway
	520	505	42 DIS	MythBusters (CC)		Daily Planet (CC)		Clash of the Dinosaurs		Clash of the Dinosaurs		MythBusters
	522	506	44 HIS	Pawn Stars	Pawn Stars	Ancient Discoveries (CC)		Ancestors	Ancestors	Nostradamus Effect (CC)		Jobs
	627	528	45 SPC	Lost "Recon" (N) (CC)		Stargate SG-1 "Shadow Play"		Star Trek: Next Gener.		Star Trek: Voyager (CC)		Human Target
	294	650	47 TBS	Family Guy	Family Guy	Lopez Tonight (N)		Name Is Earl	Name Is Earl	Sex and-City	Sex and-City	Lopez Tonight
	619	525	48 TROP	Reality	Whatever	Family Guy	Family Guy	Seinfeld	Seinfeld	'70s Show	King	Comeback
	603	561	52 FN	Ace of Cakes "Baked Alaska"		Restaurant Makeover (CC)		Diner, Drive-In	Unwrapped	Extreme Cuisine-Jeff Corwin		Ace of Cakes
	-	-	53 AMC	(5:00) King Kong ★★ (1976)		Enter the Dragon ★★★ (1973, Adventure) Bruce Lee, John Saxon. (CC)					The Jewel of the Nile ★★	
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Martin	Sarah	Daily Show
	320	621	60 CEN	(6:35) The Incredible Hulk ★★★ (2008) (CC)		Frost/Nixon ★★★ (2008) Frank Langella, Kevin Bacon. (CC)					(:35) Righteous Kill ★★ (CC)	
	581	566	101 MTV	Taking, Stage	Made (CC)	MTV Live	Movie Night	The Real World (CC)		Taking, Stage	Made (CC)	MTV Live
	261	394	102 V	(6:00) The Verdict ★★★ (1982, Drama) (CC)			Recreat. Eden	Murder Unveiled (2005) Anita Majumdar, Chenier Hundal. (CC)				Paid Program
	-	-	105 MUL	My Queen	Immortal	Vancouver	Shaktimaan	Dheeyan Ghar	Sadabahar	Connections	Desi Rhythms	Patrol World

critics'corner

30 Rock

Liz (Tina Fey) keeps running into Wesley (Michael Sheen), causing her to question their decision. Tracy (Tracy Morgan) frets about his reputation when his children's former nanny writes a tell-all book. Jack (Alec Baldwin) takes steps to secure his position in the new cable company. Jack McBrayer, Scott Adsit and Judah Friedlander also star in the new episode "Don Geiss, America and Hope." 9:30 PM on NBC

Wallace & Gromit: The Curse of the Were-Rabbit

British filmmaker Nick Park's clay-animation characters, who previously populated some Oscar-winning short subjects, receive full feature treatment in this comedy. Wallace (voice of Peter Sallis) is an inventor whose speechless canine companion, Gromit, goes along with all his wacky ideas. The latest is a means of ridding gardens of pests, but it may not work on the huge rabbit doing damage just before a vegetable-growing competition. 7 PM on TEL

Deadliest star accused of reckless driving

Deadliest Catch star Jake Harris has been charged with reckless driving and driving with a suspended license, after a Feb. 18 arrest in Seattle, EOnline.com reports. If convicted, the 21-year-old faces up to 15 months in prison. **POPEATER.COM**

Kristen Stewart, left, and Dakota Fanning star in The Runaways.

Runaways in the raw

STEVE GOW
for Metro Canada

For Hamilton, Ont.-bred filmmaker Floria Sigismondi, one of the great memories of making The Runaways came during rehearsal when star Kristen Stewart's singing voice fooled even the true-life character she was imitating — Joan Jett.

"(Joan) said, 'Turn my vocals down so I can hear (Kristen)' and I was like, 'It's all her!'" recalled Sigismondi during a recent interview in Toronto to promote her new biopic about the legendary '70s rock outfit.

"I knew Kristen could sing and play guitar but when I met her, there was a sense of shyness and toughness to her which Joan has … and she really was determined and committed to the character and kind of soaked everything up."

Just as Stewart (best known for starring in the Twilight movies) mastered the gritty sound of Jett, Sigismondi absorbed the rest of teenaged rockers The Runaways — an all-girl group that was the brainchild of eccentric music producer Kim Fowley.

Combing over singer Cherie Currie's 1989 memoir, Sigismondi soon harvested a script that was as much about capturing a moody coming of age story as it was about the music.

"It was nice to do something that was a little more subtle," said Sigismondi who cut her teeth directing influential videos for artists like Marilyn Manson and Christina Aguilera.

"Being a visual person, I've paid attention to (detail) and I wanted to capture that — the life backstage, the pimples at that age, the diet of potato chips and burgers on the road — I just wanted to feel what it was like."

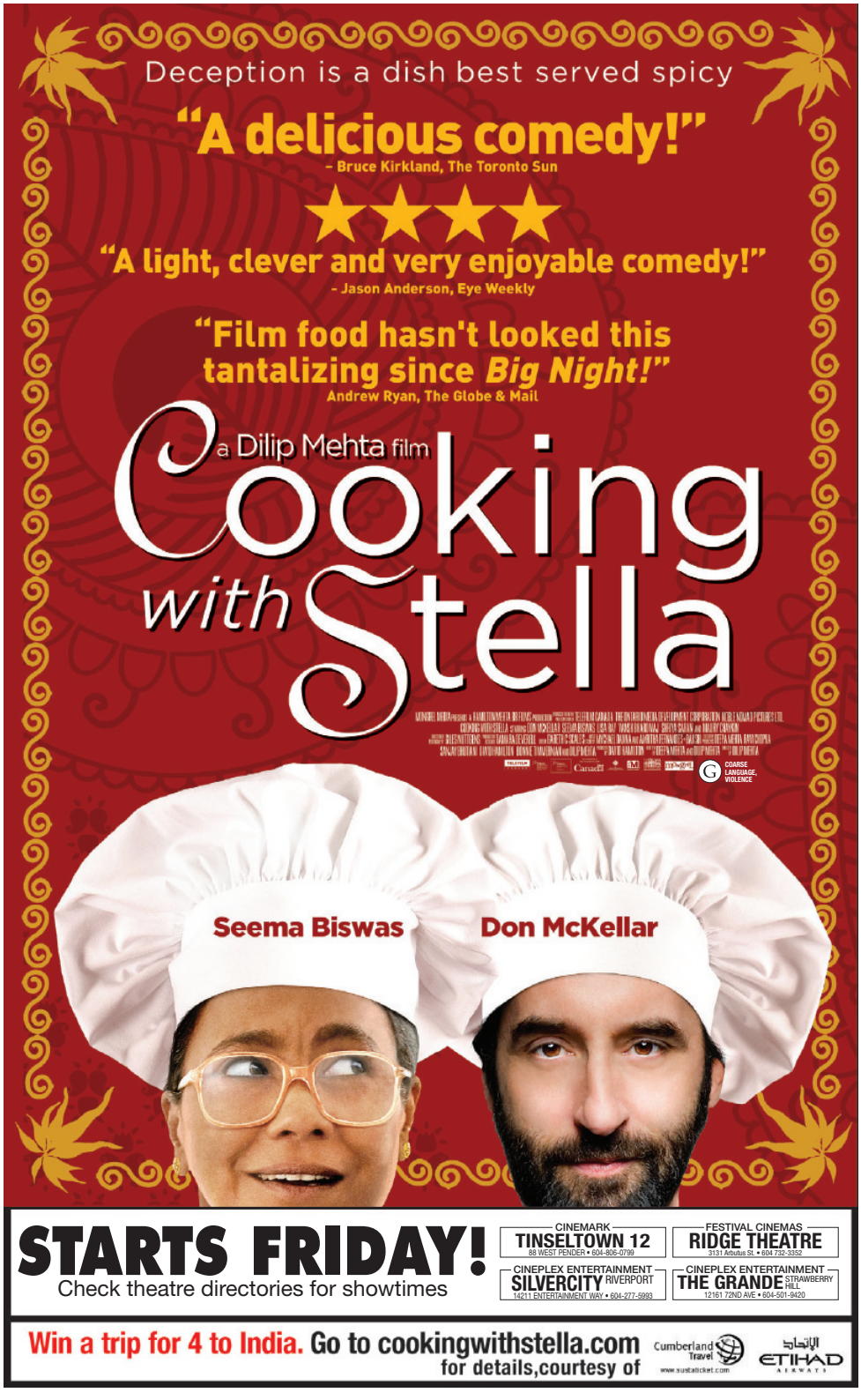
"I've paid attention to (detail) and I wanted to capture … the life backstage, the pimples at that age, the diet of potato chips and burgers on the road."
Director Floria Sigismondi

For The Runaways, being on the road also meant a tumultuous life of drug abuse, sex and struggling egos at an incredibly young age.

But it also meant paving the way for future female rockers during a time when bands like The Bay City Rollers ruled radio airwaves.

"I think it's that sense of rawness and energy," said Sigismondi regarding what catapulted The Runaways to fame in 1975.

"Nobody was really talking to young kids and they were kind of talking about and singing about their age group and about experiencing some of these things that were a little more seedy … it was kind of raw and more physical and I think it completely goes with being fifteen."



Where to eat for Earth Hour
Earth Hour is on March 27. Save some watts and dine by candlelight at restaurants like Yew at the Four Seasons, Raincity Grill, or Blue Water Café. Visit individual restaurant websites for details. ANYA LEVYKH/FOR METRO VANCOUVER

Urban Foodie

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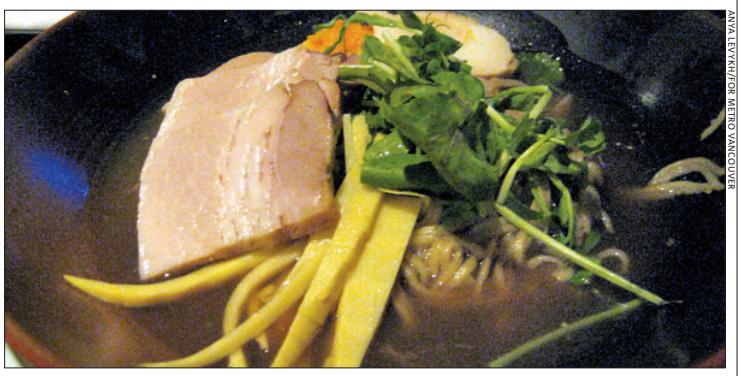
orucuisine.com

Rating: ⊕⊕⊕⊕½
Dinner & drinks for two: $90
Signature Drink: Geisha
Signature Dish: Shoyu ramen with Berkshire pork


ANYA LEVYKH/FOR METRO VANCOUVER
Shoyu ramen, 24 hour braised Berkshire pork belly, fresh bamboo shoots

The piano was the first thing to draw my eye. This, despite the monolithic expanse of glass surrounding the new Fairmont Pacific Rim hotel lobby. The light wood and marble accents, and the floating origami sculpture beckoned like a sly dragon to the upstairs dining area. Truth is, the white Fazioli grand — think Steinway, but with richer tone — brought out my inner music geek as I contemplated how Rachmaninoff would sound on an instrument like that.

I tore myself away eventually, wiped the drool off my shirt, and headed upstairs to check out the more intimate setting of Oru, the hotel's flagship restaurant and the new home of executive chef David Wong, a former Bocuse d'Or finalist who placed in the top 10 worldwide.

The room, like the rest of the hotel, was designed by North Vancouver-based architects McFarlane Green Biggar, and is a minimalist monument to sustainable design. A long, white oak wall — cut and laid to mimic the folded sections of the origami sculpture above — bisects the room, along with a communal dining table, and separates the space between the banquet seating and open-concept kitchen. MGB, along with local artist Joseph Wu, are also responsible for the 180-foot-long origami sculpture, which doubles as a light fixture.

As for the food, it exhibits the same clean, sustainable focus as the interior. Wong is a master of ramen, and his handmade noodles are slurp-licious. One version with shoyu — a dark salty soy sauce — and slow-braised Berkshire pork belly ($15) was an amazing mix of clean, rich, fat, salt and crunch (the latter came from the fresh bamboo shoots). A hot and sour broth ($9) with early B.C. spot prawns, shimiji mushrooms and a dash of chili oil was an aromatic and heady bowl, poured over the solids table-side. Most dishes are made to share tapas-style, so count on ordering about four or five for two people. There are some mains that can stand alone, if you wish, like the phenomenal chawanmushi ($26), a round plate of egg-based savoury custard topped with seared Qualicum Bay scallops and braised daikon. A small version of the mou shou duck ($12) was scented with star anise and sided with steamed buns. There weren't enough buns to handle the meat, however, so we had to make do with our chopsticks.

The hotel offers still and sparkling filtered water — they carbonate the latter themselves — and although it cost us $8 for a carafe of the sparkling, it was refilled throughout our meal at no charge. And, admittedly, it's a nice way of minimizing waste from water bottles.

This might be just the latest luxe offering in the Fairmont's collection, but with the sustainable interior and menu — and the sustainable prices — the sustainability of this restaurant's future is looking very green indeed.

On the web

- Chew more on Anya's blog at metronews.ca/vancouver/blog/136310.

New releases

The cherry blossoms are falling, the crocuses are blooming, and, despite the snow on the mountains, spring is almost here. Pfaffenheim's 2008 Gewürztraminer is an interesting mix of spicy pepper and nutmeg notes with an almost floral aroma. Perfect with stronger cheeses, fruit desserts, or some boiled lobster. BCLS $19.99.

Global Peasant blog online

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Check out metronews.ca/globalpeasant for a recipe of June's Lazy Buns.

Dining out

LOBSTER FEST! Le Gavroche's (1616 Alberni St.) annual lobster festival is on now until April 18. Enjoy a lobster-packed three-course meal for $35 (optional wine pairings for $25). Call 604-685-3924 for reservations.

GO WHOLE HOG On Sunday, Mis Trucos (1141 Davie St.) will host a Spring BBQ Kickoff. $50 includes a full meal, starting with Barnholden's signature tapas, followed by an all-you-can-eat spread of roast suckling pig, BBQ beef ribs, grilled wild salmon, grilled sausages and more. Beer, sangria and cocktails included. ANYA LEVYKH/FOR METRO VANCOUVER

In brief

TAPAS Judas Goat Taberna, the latest Blood Alley offering from Sean Heather, is now officially open and serving Spanish-style tapas.

GROWING The historic Salt Building (85 West 1 Ave.) will soon be home to a restaurant, coffee shop, bakery and brewpub under the Mark James umbrella of companies.

ANYA LEVYKH/FOR METRO VANCOUVER

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Saturday Partly cloudy 12°/5°
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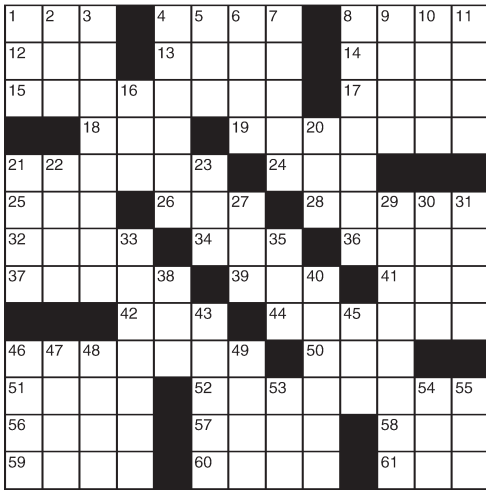
Take Five

For more delicious Metro recipes, visit: **metronews.ca/food**



ACROSS

1 Donkey
4 Difficult
8 Clenched hand
12 Cudgel
13 Hodgepodge
14 Formerly
15 Green onion
17 Stench
18 Began
19 Starting at the highest level
21 Diversion
24 Uncooked
25 Here (French)
26 Aries
28 Family branches
32 Fax cover-page word
34 Post-proof abbr.
36 Cry loudly
37 Melodies
39 Grumpy companion?
41 By way of
42 Hiatus
44 Suitor's intent
46 Annual publication
50 Zilch
51 Worms, maybe
52 Bundle of nerves?
56 Wheels of fortune?
57 Duel tool
58 Mine-car contents
59 Paradise
60 Entrance
61 Promptly

DOWN

1 Tummy muscles
2 Pouch
3 Mare's mate
4 Attorney General Eric
5 Foreman foe
6 Laugh-a-minute
7 Recipient's benefactor
8 Network of predatory relationships
9 — -European
10 Garbage barge
11 Sea bird
16 Mainlander's memento
20 — de deux
21 Fissure
22 Beige
23 Online help page
27 Club —
29 Tent at an expo
30 Look-alike
31 Refinery waste
33 Explosive measure
35 Wall Street stat, with "The"
38 — Rafael
40 Eel type
43 Summoned on a beeper
45 Lubricant
46 Competent
47 Positioned
48 Marceau, e.g.
49 Guitar attachment
53 Ultra-modern (Prefix)
54 Acapulco gold
55 Fresh

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

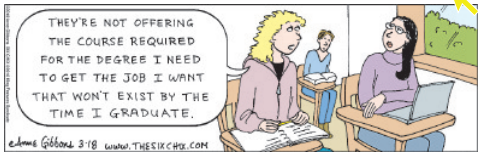
8		4				1		6
	1		3		6		7	
7			1		8			5
		6	5		4	3		
		2	9		3	8		
9			6		1			2
	4		8		2		9	
5		8				7		1

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

8	5	2	6	1	7	4	3	9
7	1	9	3	8	4	5	2	6
4	6	3	5	9	2	8	7	1
5	8	4	9	6	3	7	1	2
3	2	1	7	4	8	9	6	5
9	7	6	1	2	5	3	8	4
2	9	5	8	3	1	6	4	7
6	4	8	2	7	9	1	5	3
1	3	7	4	5	6	2	9	8

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

PHOTO BY SARAH POMPER

Zucchini and Bean Soup

Submitted by Karen Benevento, Brampton, ON

INGREDIENTS:

3 tablespoons olive oil
2 medium zucchini, cubed
1 medium onion, chopped
1 cup mushrooms, chunked
2 clove garlic, minced
2 teaspoons fresh thyme, chopped
salt and pepper
1 large tomato, diced
1 carton low sodium chicken broth
1 can beans (kidney, chickpea or a mix), drained and rinsed

METHOD:

1. In large pot, heat oil over medium high heat.
2. Add zucchini and cook, stirring often, for about 5 minutes.
3. Add onion, garlic, mushrooms, thyme. Add salt and pepper to taste and continue to sauté, stirring to prevent vegetables from scorching, about 5 minutes.
4. Gently stir in tomatoes. Add broth. Bring to a boil, reduce to simmer and add beans.
5. Simmer until beans are heated through.
6. Serve with rolls or warmed hearty multigrain bread.

SERVES 4

PREP TIME: 10 MINUTES
COOK TIME: 10 MINUTES

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Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You will try something totally outrageous today and friends and family may think you have taken leave of your senses.

TAURUS ♉
APRIL 21-MAY 21
Someone will give you some excellent advice today, but for some reason you will refuse to take it.

GEMINI ♊
MAY 22-JUNE 21
As a Gemini you are used to doing half a dozen things at once but focus on doing one thing really well, and you'll shine.

CANCER ♋
JUNE 22-JULY 22
Say the wrong thing in the wrong way at the wrong time and you could find yourself out of favour with those who matter.

LEO ♌
JULY 23-AUG 23
Don't be too eager to point out other people's mistakes today or you could make an enemy of someone it would have been wiser to keep on your side.

VIRGO ♍
AUG 24-SEPT 22
Be careful if you decide to pass on information that you have heard from a friend or work colleague today. Are you sure it's reliable?

LIBRA ♎
SEPT 23-OCT 23
You may latch on to someone who appears to know what is going on — they are every bit as confused as you but they make a better job of disguising it.

SCORPIO ♏
OCT 24-NOV 22
The planets indicate that what you are currently worrying about is irrelevant, so focus on what is still good in your world.

SAGITTARIUS ♐
NOV 23-DEC 21
You know what you want but you don't know how to get it. The cosmic picture is unsettled so circumstances may yet change for the better.

CAPRICORN ♑
DEC 22-JAN 20
You will use what you know about a rival to put pressure on them today, but don't forget that you have a few weak spots as well.

AQUARIUS ♒
JAN 21-FEB 18
You may be tempted to lash out at someone who deserves to be told what you think of them but don't go too far or you may spoil your relationship forever.

PISCES ♓
FEB 19-MARCH 20
Don't rush to get where you most want to go today — take your time and enjoy the scenery as it passes by.

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Looks like a rabbit, eats like a rabbit, it's an ... actress?
Amanda Seyfried sticks diligently to a raw-food diet that she hates, popeater.com reports. "It's intense. And sort of awful," Seyfried says in the new Esquire. "Yesterday for lunch? Spinach. Just Spinach. Spinach and some seeds." METRO NEWS SERVICES

Celebrity Buzz

Follow these celebrities on Twitter...

CelebTweets

TYRA BANKS doesn't care about the rules anymore, **JAMIE KENNEDY** feels cheated, **HEIDI MONTAG** is easily entertained, and **RUSSELL BRAND** is getting free advice.

@tyrabanks Committed the utlimate model sin: a french manicure. Models are supposed to wear clear polish. But shoot, I'm retired!

@JamieKennedy I have to give my Dr.72 hours notice when i cancel appt, or im charged, but when she canceled on me 1hr before i didn't free extra sesh. Is that fair?

@heidimontag I love the US Coast Guard so much! They have the coolest gazelle helicopters that fly over our house all the time. GO NAVY! love you guys!

@rustyrockets A surgeon who specializes in gender reversal just told me I'd make a good woman and gave me his card, like it was a haircut.

METRO NEWS SERVICES

Didn't wish for death

BUT SADLY IT FOUND HIM ANY WAY In the week since Corey Haim suddenly and tragically passed away, the outpouring of grief from his friends has been massive, popeater.com reports.

Now, ex-girlfriend Nicole Eggert is speaking out to Life & Style about the actor's troubled life, in quotes given exclusively to PopEater.

"He didn't want to die," Eggert says in the interview.

METRO NEWS SERVICES

His friends envy him

BUT THE LADIES ENVY HER ... A LOT Gerard Butler says he expects Jennifer Aniston romance rumours to continue well after their new comedy The Bounty Hunter opens Friday, usmagazine.com reports.

"It will never be over. If Jen remains my friend, which I hope she will, anytime we would ever hang out in any way will be dating again," he told USA Today at the film's NYC premiere Tuesday.

At the movie's London premiere last week, Aniston, 41, told BBC News that she and Butler, 40, had a "good, fortunate time" shooting.

"We clicked," she said. "It was just easy. There was no kind of pretension to break through. We were instantly like, 'Yeah, I like you!'"

Butler said his friends were jealous that he got to work so closely with the actress, with whom he also gets cozy on the April cover of W magazine.

"I don't think I have to tell you what my friends said when I was working with Jen Aniston," he told BBC News.

"People love her. She's sexy. She's beautiful. My friends hate me that I get to (work with her), and they don't."

METRO NEWS SERVICES

Fiercely updating her book

HER NEW HAIR COLOUR IS OF GREAT EDITORIAL IMPORTANCE Kelly Osbourne is revisiting her book Fierce — which also contained self-help advice for teenagers based on Osbourne's own life experiences — to include all the exciting things that have happened to her since it was published last September, femalefirst.co.uk reports.

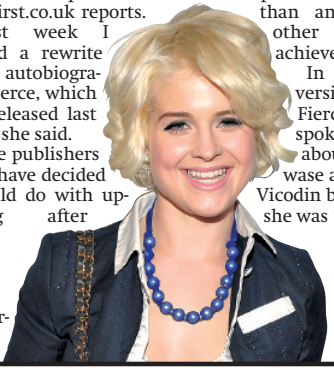
"Last week I started a rewrite of my autobiography Fierce, which was released last year," she said.

"The publishers and I have decided it could do with updating after everything that's gone on during the past six months, like taking part in Dancing with the Stars, and the cover photo needs changing too — I had black hair then."

Osbourne — who has been in rehab four times to be treated for addiction to painkillers — admits she is more proud of the book than any of her other career achievements.

In the first version of Fierce, Kelly spoke candidly about how she wase addicted to Vicodin by the time she was 17.

METRO NEWS SERVICES



Spears single ... again

ONE OF HER DANCERS, A PAP, HER AGENT. THIS GIRL MAY NEED TO LOOK FOR LOVE OUTSIDE HER ENTOURAGE Britney Spears has split from her boyfriend Jason Trawick, femalefirst.co.uk reports.

The singer reportedly ended her romance with the talent agent at the end of February following a year-long romance because they had been arguing constantly.

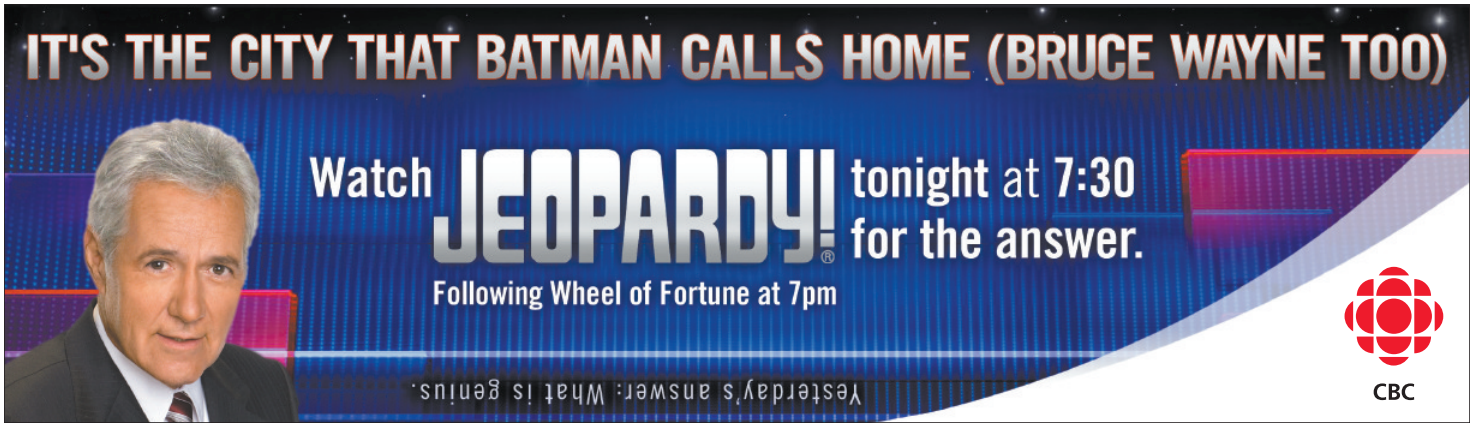
A source said, "They were fighting a lot and have not been getting along. They both just needed to take a break from each other. It wasn't working out."

Despite their split, Jason, 38, will still represent Britney through the New York-based entertainment agency, William Morris Endeavor Entertainment, where he works. This isn't the first time the pair have seemingly split. The 28-year-old pop beauty dumped Jason in January after learning he had been flirting with two women at Los Angeles' Roger Room bar before getting back together.

Britney — who has two sons with ex-husband Kevin Federline — and agent Jason started dating in March 2009. They split briefly in August, but soon reconciled.

Since their romance began, Jason has proposed to Britney several times.

METRO NEWS SERVICES



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Celebrity Buzz

He's a big shy softy

GOOD THING IT'S HIS JOB TO SPEAK IN FRONT OF MILLIONS OF PEOPLE He may have blushed and seemed "uncomfortable" as he sat beside and kissed his girlfriend on The Tonight Show last week, but Simon Cowell is really "giddy" with when it comes to rumored fiancée Mezghan Hussainy, people.com reports.

Cowell, 50, has been acting "teenagery and happy and light," British actress Amanda Holden tells People.

"They are like Tweedledee and Tweedledum. You can't separate them really."

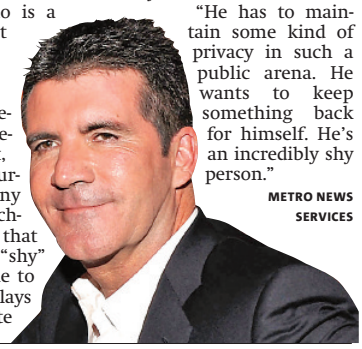
Holden, who is a Britain's Got Talent judge and CBS Early Show special correspondent, might surprise many Cowell-watchers by saying that her friend is "shy" and not prone to outward displays of his private thoughts.

This may explain why he and Afghanistan-born Hussainy, 36, have been so coy about their marriage plans.

"Apart from his mom (speaking about him), he's never really let on much about his private life," she says.

"He has to maintain some kind of privacy in such a public arena. He wants to keep something back for himself. He's an incredibly shy person."

METRO NEWS SERVICES



A change needed in her dating patterns

MAY HAVE LESS TO DO WITH AGE AND MORE TO DO WITH LEVEL OF SKEEZINESS Pamela Anderson wants to date an older man, femalefirst.co.uk reports.

The former Baywatch babe — who was previously married to Tommy Lee, Kid Rock and Rick Salomon and recently split from Jamie Padgett — wants to try romancing someone her senior as she thinks it may be the way to a successful relationship.

Talking about the prospect of dating boy band JLS, the 42-year-old blonde said, "I'm sure they are way too young … I need an older man, don't you think?

"I'm going to try that for once."

METRO NEWS SERVICES

Bad timing

OR REALLY GOOD TIMING — DEPENDS ON HOW HER PR PEEPS SPIN IT Jennifer Love Hewitt's breakup with Jamie Kennedy comes just in time for the release of her dating advice book, The Day I Shot Cupid, but the actress tells People magazine she's no fan of being single.

"I don't like to go out to clubs and party.

"I'm not into 'Let's go out with one guy on a Monday and another guy on a Wednesday.' That's just not me," the "Ghost Whisperer" star says.

"I'm a relationship kind of girl. I like a twosome."

METRO WORLD NEWS

A brave new age

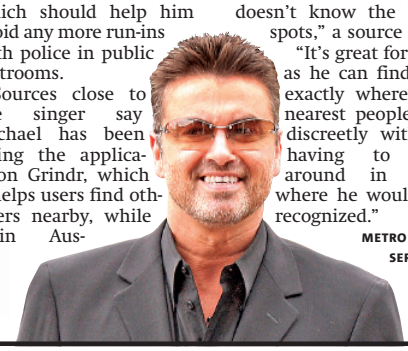
MAKING FRIENDS WHERE EVER HE GOES George Michael has reportedly been using a new iPhone application to make new friends, which should help him avoid any more run-ins with police in public restrooms.

Sources close to the singer say Michael has been using the application Grindr, which helps users find others nearby, while in Australia, according to the Daily Star.

"George has been using the application loads since he has been in Oz as he doesn't know the local spots," a source says.

"It's great for him as he can find out exactly where the nearest people are discreetly without having to ask around in bars where he would be recognized."

METRO NEWS SERVICES



Padma's baby

MAY ALSO BE ADAM'S BABY Adam Bell is reportedly negotiating with Padma Lakshmi for more visitation time with their newborn daughter, Krishna.

The Texas-based Bell told guests a recent barbecue "how excited he was to raise her, but that Padma wasn't being entirely accommodating," sources tell Page Six.

A source close to Lakshmi retorted, "An agreement was made with the biological father that was very fair. It's unfortunate if anything inappropriate is being said." Official reps for Lakshmi and Bell have yet to weigh in.

METRO WORLD NEWS

Celebrity Buzz

Sarah's a sucker for love

AND KEEPS FALLING FOR THE FUNNY ONES It's no joke, Sarah Silverman still believes in love after the end of her romance with Jimmy Kimmel, people.com reports.

"I'd like to find that person," the comedian, 39, tells Playboy in a new interview.

"I think Jimmy and I had every intention of spending the rest of our lives with each other. I love love. It's my top priority. Jimmy will tell you. I'm a good girl."

Silverman, who is now dating Alec Sulkin, a writer for FOX's Family Guy, says she and Kimmel gave it their best shot in their two stints together between 2002 and 2009.

"We were together for so long and tried our best to make it work," she says. "I can think of him now and don't have that edgy feeling anymore. I just love him to pieces."

She adds, "Sometimes loving each other isn't enough. You have to be responsible for your own happiness. You can't stay in a relationship because you're afraid of the unknown.

"But I will always love him. Sometimes I think maybe we'll die together in our old age or something."

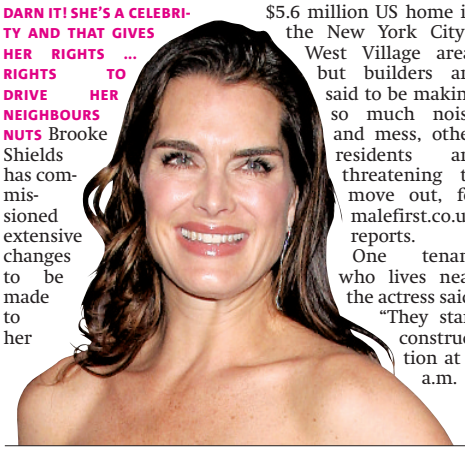
Her new boyfriend apparently doesn't feel overshadowed by her old one.

"He was the one who told me to watch Jimmy's 10 at 10 on Leno the day after he did that," Silverman says. "He isn't ruled by ego; he's just himself."

METRO NEWS SERVICES

Bashing down the walls

DARN IT! SHE'S A CELEBRITY AND THAT GIVES HER RIGHTS ... RIGHTS TO DRIVE HER NEIGHBOURS NUTS Brooke Shields has commissioned extensive changes to be made to her $5.6 million US home in the New York City's West Village area, but builders are said to be making so much noise and mess, other residents are threatening to move out, femalefirst.co.uk reports.



One tenant who lives near the actress said, "They start construction at 6 a.m. every morning, and people are outraged.

"This has been going on for months, and people in surrounding buildings are threatening their property managers that they'll move out if it doesn't stop."

A group of residents reportedly confronted the renovation team but were told, "If you have a problem, take it up with Brooke Shields."

BLDG management, which leases many local apartments, has refused to comment on the troubles reported by the residents, including that the renovations have caused the sidewalk near the star's home to be closed.

METRO NEWS SERVICES

Brides and grooms to party

IS THAT LIKE A TARTS AND VICARS PARTY? When Heidi Klum and Seal renew their wedding vows again this year, party attendees will have to adhere to a very strict dress code, usmagazine.com reports.

"It's going to be all brides and all grooms," Klum told E! News.

"All of the women will be brides and all of the men will be grooms."

The supermodel and Project Runway host didn't offer much of an explanation.

"Just one day, I woke up and I was like, 'Oh, I know what I am going to do this year ... ' I like to have fun and I like to make it fun for my family and friends."

METRO NEWS SERVICES

Too much sharing

SOMETIMES YOU DON'T WANT TO SEE EVERYTHING Judd Apatow doesn't want to see sex in 3-D.

The movie director, who has previously worked on films including Forgetting Sarah Marshall — where Jason Segal exposed his manhood — and Knocked Up, believes intimate scenes filmed using the technology is unnecessary, femalefirst.co.uk reports.

"I don't want everything in 3-D because I don't want to be in the middle of everything," he said.

METRO WORLD NEWS

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TOMMY HILFIGER SHOES $44

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SAMSUNG Electric Dryer, Grey - Model 79856 - **Was $999.99**
NOW $549.94 - 1 only

BOSCH Nexxt 800 Series Washer, Metallic Silver - Model 30997 - **Was $1899.99**
NOW $999.99 - 1 only

JENN AIR 30" Smooth Top Range, Black Model 46019 - **Was $1899.99**
NOW $999.94 - 1 only

HE3 KENMORE Front Load Washer, White Model 47852 - **Was $1299.99**
NOW $849.94 - 1 only

LAFAYETTE Condo Sofa Model 15746 - **Was $1349.99**
NOW $699.99 - 1 only

LAFAYETTE Ottoman Model 13781 - **Was $599.99**
NOW $299.99 - 2 only

EUROPA 2 Leather Chaise, Grey Model 22052 - **Was $1849.99**
NOW $924.99 - 1 only

VEGAS Swivel Recliner Model 60242 - **Was $699.99**
NOW $349.99 - 1 only